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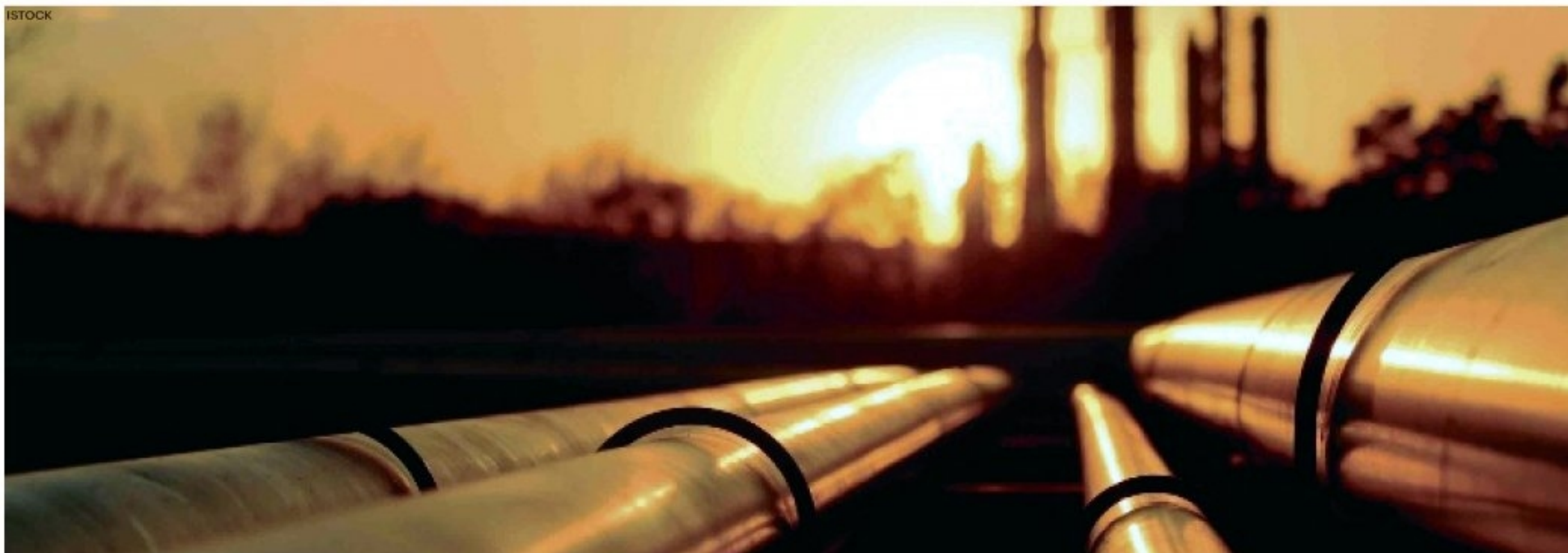
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Poll shows police force problems

POLICE

Leadership challenged on approach to bullying



Lucie Edwardson
Metro | Calgary

The Calgary Police Service's annual member survey speaks to the ongoing issues of difficulties within the force and dealing with human resource issues including bullying and harassment.

The survey, is done annually by the Calgary Police Commission (CPC), but results were released for the first time publicly Tuesday. The survey found that 47 per cent of respondents disagreed that the police service takes appropriate action in response to incidents of harassment, discrimination or bullying.

Former and current members of the CPS attended the monthly CPC meeting where survey results were discussed.

Marlene Hope, former CPS detective, said the CPS needs to stop surveying membership all together, stop looking at how other organizations dealt with similar issues and begin acting.



Chief Roger Chaffin said he and leadership at CPS are committed to making measurable changes withing the services HR practices. ELIZABETH CAMERON / FOR METRO

"You're wasting money, quite honestly," she said. "We know where we want to go and we need to humble ourselves and realize we aren't doing well."

Hope said what needs to be

done is a shift of focus towards addressing the culture of fear within CPS.

"I think the chief can fix it but he has to be open to putting the programs away, the action plans away and start

saying how can we make these members trust us?" she said.

Workplace culture issues within the CPS have been under the media microscope in the last number of months due to allegations of bullying,

harassment and sexual harassment stemming from a from a 2013 review that highlighted concerning allegations — but was kept under wraps until recently.

Chief Roger Chaffin said he



Even one person having a negative experience is too many.

Roger Chaffin

understands they need to start helping members who feel like they don't have a voice or any power.

"Even one person having a negative experience is too many," he said. "You do have to find a way to both respect and be thankful for those who have good experiences, but once you're done that we need to find any mechanism possible to hierarchical and political organization to raise voices and build trust."

The CPC chair, Brian Thiessen, introduced a seven-point plan on behalf of the commission Tuesday to address some of the HR issues. Further, the CPS also presented a 14-point action plan.

Thiessen said the commission is committed to pushing these issues forward and holding CPS leadership accountable.

"We're going to measure it and we're going to follow up on it," he said. "It will take time, this is not a simple process."

63

About 63 per cent of respondents disagree that morale at CPS is good.

49

49 per cent disagree that CPS values differing views among its members.

57

57 per cent disagree that practices are applied equally and fairly to all employees.



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Residence fees may drop at university

EDUCATION

Student leader says proposal looks 'pretty exciting'



Helen Pike
Metro | Calgary

Despite having filled 89 per cent of residences this year, the University of Calgary is considering what students are declaring a decade-first: freezing residential fees and lowering the cost of certain rooms.

The proposal, which the university won't comment on unless it's approved by the board of governors in December, would freeze residential fees for next year, as well as a 12 per cent decrease in four-bedroom apartments for two of their buildings.

"I'm not sure they've ever done a decrease, it's pretty exciting," said the Residence Students' Association president Kendra Toth.

Toth said the yearly increases on residential rates have piled on, and if this passes, students will have some relief next year. For upper year students who may be deciding whether to stay or move, she said the 100 dollars per month they could save with the 12 per cent drop is a big deal.

"This is a good example, and good move on behalf of resident services and auxiliary services to be responsive to the economic environment of Calgary and the housing



Kendra Toth was part of an effort to gather feedback from students and staff at the University of Calgary. JENNIFER FRIESEN/ FOR METRO

market right now," said Students' Union president Stephan Guscott. "It's being responsive to students' feedback, and responsive to the high cost of the (four bedroom suites)."

The Residence Students' Association started a new initiative this year to bring students closer to these cost consultations, and have their voices heard.

In September the "budget priorities committee" formed to gather student and staff

feedback and priorities.

"We wanted to see what students felt strongly about, and if we could make some of those things happen this year," Toth said. "It was a really exciting process, and a pilot program this year... I think it was a success and I look forward to seeing it grow."

At Mount Royal University the picture is painted a little differently, they report occupancy rate at 96 per cent.

They've already made the move to keep residence fees level.

"It's important to keep costs as consistent as possible so students can better plan for their expenses and make good decisions," wrote Mark Keller, director of Residence Services at Mount Royal University.

"For next year, we are reviewing our rates in light of the current rental market to ensure we remain competitive."

Keller added the school never stops working to attract more students to campus living, and keep those who have chosen residence at home with MRU.

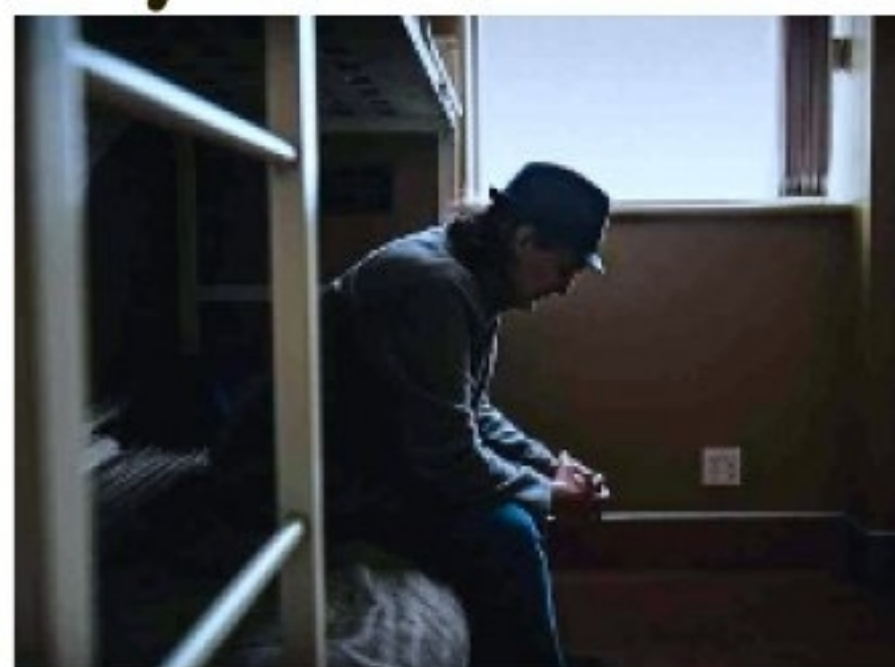
“

I'm not sure they've ever done a decrease.

Kendra Toth

POVERTY

City hub for homeless, but numbers down



During this year's point-in-time count, 45 per cent of Calgary's homeless were in an emergency shelter. COURTESY CALGARY DROP IN

Calgary's homeless population continues to decrease according to the latest point-in-time count.

In October, volunteers fanned out across the city to count the homeless for the Calgary Homeless Foundation.

The count revealed 3,222 people who were without a place to sleep in Calgary on the night of Oct. 19. The number reflects an 11 per cent decline from the 2008 numbers. On a per capita basis, that's actually a decline of 26 per cent since 2008.

The count was conducted as part of a provincewide count in Alberta's seven largest cities. The provincewide numbers show that Calgary is becoming a hub for the homeless, despite the decrease.

While the 2014 count showed Calgary had 54 per cent of the total provincial homeless population on that night, this year's count shows Calgary represents 60 per cent of the total provincial count of 5,373.

"What we are doing is working," said Diana Krecsy, president and CEO, the Calgary Homeless Foundation.

"The challenge is, in spite of continued progress throughout the homeless-serving sector, Calgary continues to not have enough appropriate housing for its vulnerable citizens."

The Calgary Homeless Foundation will release a detailed report on the count early in the New Year. METRO



Alberta Serious Incident Response Team investigator and Calgary Police Services attend the scene in Calgary Tuesday.
JEFF MCINTOSH/THE CANADIAN PRESS

10th police shooting, 5th death of 2016

CRIME

Chief says officer who fired acted appropriately

Calgary's police chief says a 27-year-old woman who was shot and killed by a police officer on Tuesday was known to police.

Roger Chaffin says officers were called to a home in the city's southwest at about 2:30 a.m. to check out a welfare call.

Police say a woman was seen banging on nearby cars and the front door of an apartment in the area.

The Alberta Serious Incident Response Team, which looks into police actions, says the woman was carrying two knives, one in each hand.

It says there was a confrontation between police and the woman, and one of the officers shot at her.

Calgary police say the officer has been on the force for one year.



We're not hiring soldiers.

Roger Chaffin

She was in life-threatening condition when she was taken to hospital, where she died.

Calgary police have shot 10 people this year. Five have died.

Chaffin said he believes the officer who fired acted appropriately.

"The members involved in this incident have my full and complete support," said Chaffin. "From the information I am given, I am firmly of the belief that this member acted appropriately to protect herself, her partner and members of the public."

Chaffin said police are seeing a lot of crime and erratic behaviour tied to drugs.

"So much of the crime we're experiencing has to do with the presence of methamphetamine, the presence of opioids in the city and then ... the motives for crimes around those drugs," he said.

Chaffin said officers do not want to shoot people, but must protect themselves.

"We're not hiring soldiers. We're hiring people who are very reflective of what it is to be Calgarians and you can imagine ... having to make that decision, what that'll do to you as well," he said.

ASIRT is investigating and is asking anyone with information to contact the unit at 403-592-4306.

THE CANADIAN PRESS

CITY HALL

'I refuse to accept that's the new normal'

Helen Pike
Metro | Calgary

Ten police shootings, five deadly — 2016 hasn't been an easy year for Calgary police officers.

Yesterday after news of another police shooting, Coun. Brian Pincott is questioning whether Calgary police are equipped to deal with the rise in crime that Chief Roger Chaffin is linking to increased fentanyl and other illicit sub-

stance abuse.

And although Pincott said he knows it's a controversial topic, he's chosen to speak out about the issue and question why the city is having this problem — for the sake of Calgarians and officers who are dealing with this increase in tragedy.

"We had another person die from a police shooting. I refuse to accept that's the new normal," said Pincott, noting from what he understands Calgary has had more police-involved

shootings in 2016 than Toronto. "I refuse to accept that Calgary is twice as violent and twice as dangerous as Toronto, because if you put it in relative terms, that's what's happening here."

At another police-involved shooting press conference, the second in two weeks, Chaffin said police would ask the Police Commission for an independent review of these shootings, to ensure police are properly equipped in their policies and training to deal with the

"changing nature of criminality" in Calgary.

Pincott said citizens need to start questioning what's happening in their city, and he said he'd do what he can to address the questions he has through police.

"I'm trying to start asking the questions, start getting the conversation going," he said. "We default to a position of deference to authority...it's appropriate to question authority."



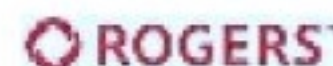
We're very lucky we didn't have term limits.

Sharon Carry is retiring from her position as President and CEO of Bow Valley College at the end of 2016 after almost two decades at the helm of Alberta's largest and fastest growing community college.

Under her leadership, the College embraced its mandate as Calgary and region's comprehensive community college; helping to supply employers with work-ready graduates who make an immediate impact in the province.

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School boards vote for sustainability

EDUCATION

Time to get message to government, trustee says



Lucie Edwardson
Metro | Calgary

The Alberta School Board Association is the first in Canada to pass a sustainability policy — what that means for the ASBA's 61 school boards has yet to be determined.

Last week, the ASBA met and debated a number of new policies — 11 of which were passed, including the new sustainability policy.

The Calgary Board of Edu-

cation brought the motion forward for debate, and CBE trustee Julie Hrdlicka said they're happy to see the environment as a priority for ASBA school boards.

"We were curious about how people would think about sustainability, especially when we're in the midst of challenging economic times," she said. "Often during challenging economic times, issues about the environment don't become priority unfortunately, so we were really pleased that overwhelmingly boards supported the policy."

Helen Clease, president of the ASBA, said 81 per cent of the school boards within the ASBA voted in favour of the new policy. She said it's perfect timing.

"The curriculum is being redeveloped so it's the perfect

time to put a focus on the work we can do to make sure we provide the knowledge," she said. "When we do that it empowers our students to be better prepared to be better global stewards."

Hrdlicka said now that the policy has passed they will begin to look at how to support school boards' environmental education and initiatives. They'll also push the ASBA to act on the policy by advocating to the government on their behalf around renewable energy and environmental education.

"School boards have made it clear sustainability is important to them to decrease costs, reduce ecological footprint, and prepare Alberta students for the future. Now we have to find the best way to get that message to the government," she said.

Clease said this policy, like many others, is aimed at improving environmental education for the "next generation of problem solvers."



CBE trustee Julie Hrdlicka pushed the sustainability policy motion forward on behalf of the Calgary board. An overwhelming 81 per cent of Alberta school boards voted in its favour.

ELIZABETH CAMERON/FOR METRO

“School boards have made it clear sustainability is important to them.” Julie Hrdlicka

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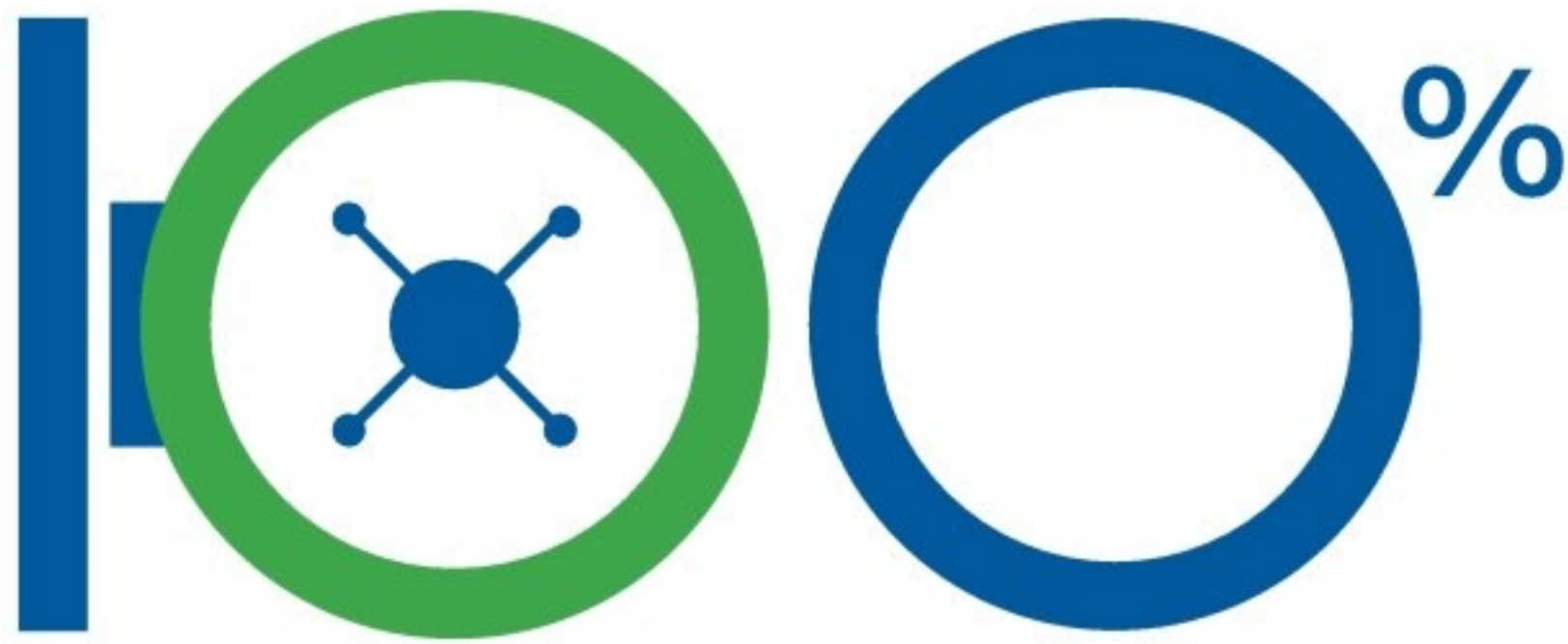
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Pylons will be used to divide lanes when the new lane reversal starts on Dec. 5. The city hopes to install lane lights in the spring. ELIZABETH CAMERON/FOR METRO

Lane reversals begin

CITY PLANNING

Overhaul of Edmonton and Memorial open to traffic



Brodie Thomas
Metro | Calgary

After months of slow traffic at Memorial Drive and Edmonton Trail due to construction, drivers will see the dividends of that work this Monday as the city introduces its newest lane reversal.

How it works

The city removed a median, and that now gives more flexibility

when it comes to turning lanes. During the peak morning hours of 6 a.m. to 9 a.m., there will be more turning lanes from Memorial into the downtown.

Peak morning weekday hours:

From 6 to 9 a.m. on regular workdays, there will be two turning lanes from westbound Memorial onto the Langevin Bridge and into the downtown. Eastbound traffic will have one turning lane northbound onto Edmonton Trail.

Outside peak hours

Eastbound traffic will have dual turning lanes onto Northbound Edmonton Trail. Westbound Memorial traffic will have one turning lane into the downtown.

How it will help

Pat Grisak, senior leader in traffic division, said the times and directions were based on traffic studies that show how many people are trying to get into the city's core from Memorial.

Where are the lane lights?

Grisak said the traditional lane lights are coming, but not until the spring. When the lane reversal begins Monday, crews will head out to the intersection and set up pylons. Ad they'll continue that daily until the lights are ready.

"Next year we'll be installing an automated laneway system. That's the one that uses the overhead x's and arrows to indicate which lanes are open or closed," Grisak said.

Pedestrian enhancements

The improvements are just for four-wheeled friends. The pedestrian lights now have countdown timers and will soon be getting audible signals for the visually impaired. The city is also adding ladder-style crosswalks to make the crossings more visible.

Best of all, there's a new walking path along the south side of memorial between Edmonton Trail and 4th Avenue.

For cyclists

The Edmonton Trail bike lane that connects Bridgeland to the downtown will have its own lights and a dedicated signal phase. This will make it much safer for cyclists to cross Memorial on their way to and from the core.

70%

Delay reduction for westbound traffic at peak hours

30%

Predicted improvement to traffic flow overall

1.5 million

Estimated project cost

U.S. ELECTION

Top Trump advisor has Alberta gig

A top adviser to U.S. president-elect Donald Trump is visiting Alberta in January.

Kellyanne Conway will speak at a private fundraising dinner hosted by the Alberta Prosperity Fund on Jan. 12 in Calgary, and also tour the oilsands.

Barry McNamar, president of the Prosperity Fund, a conservative political action committee, confirmed the visit Tuesday.

McNamar says they had a member assisting with the Trump campaign team and the idea of Conway visiting came together recently.

"We got an offer from Ms. Conway that she would very much like to visit Alberta, learn more about the oilsands and Alberta's agricultural and other export industries," said McNamar.

"There was some mutual discussion that took place and the conclusion was wouldn't it be great if we could do this before (Trump's) inauguration (on Jan. 20).

McNamar declined to specify the date of Conway's oilsands visit, citing security concerns.

The Jan. 12 dinner, he said, will be invite-only of about 300 provincial and national business leaders at the Fairmont Palliser Hotel.

"We want Ms. Conway to know that when she goes back to the United States that her administration has the support of Alberta's key industries, that we're very keen to work with the new administration, and to strengthen the Canada-U.S. relationship, particularly on trade issues," he said.

Trump's victory in this month's U.S. presidential election has revived hopes that the Keystone pipeline could be approved.

The line would take Alberta crude to ports and refineries on the Gulf Coast in Texas.

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- Brenda and Dennis, Calgary, 2016

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- Dennis, Montreal, 2016



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No change in political party support

POLITICS

Despite voter complaints NDP numbers up 3 per cent



Darren Krause
Metro | Calgary

Murmurs of discontent across

Alberta don't seem to be reflected in new Alberta political party polling numbers.

In fact, everything's stayed just about the same, according to a new ThinkHQ survey.

Despite Albertans' complaints about the carbon tax, minimum wage increase, electricity changes, the economy — the Alberta NDP numbers were up three per cent, from 28 per cent in October to 31 per cent, when respondents

were asked if a provincial election were held today, which party they were most likely to support.

Likewise, both the Wildrose and the PC Party stayed in virtually the same spot, with the Wildrose sitting at 35 per cent support and the PC Party at 24 per cent. Twenty-one per cent of respondents were undecided.

Statistically speaking, said ThinkHQ president Marc

Henry, there's been no change in Albertans' political leanings.

"Their (NDP) approval numbers still are not especially good, but what this is showing is that it's not moving around that much," said Henry.

Henry said lingering uncertainty about the future of the Wildrose and PC parties is likely to blame for the lack of movement.

"Most people are in a holding pattern until they see what

comes up closer to the election," he said.

For the Alberta NDP, who still hold a commanding lead in Edmonton and have stabilized support in Calgary, Henry said a few "wins" would help them gain back support lost when it peaked in May 2015.

For the Wildrose and PC parties, Henry said clearing up the uncertainty around leadership and the possible Unite the Right movement will likely

affect their future support.

The Voice of Alberta panel surveyed 1106 people across the province, with the results weighted to reflect the gender, age and region of Alberta according to Statistics Canada.

The survey uses a representative, but non-random sample, so margin of error isn't applicable, though a typical survey of this size yields a margin of error of \pm three percentage points, 19 times out of 20.

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A petri dish containing group A strep bacteria, a common infection treatable with antibiotics. SHERYL NADLER/FOR THE SPECTATOR

COURT

Trial hears boy died of 'overwhelming sepsis'

A seven-year-old boy who was given holistic remedies by his mother before he died from massive organ failure could have been saved with a simple antibiotic, the woman's trial heard Tuesday.

Tamara Lovett, 47, is charged with failing to provide the necessities of life and with criminal negligence causing the boy's death.

Ryan Alexander Lovett died in March 2013 after getting a strep infection that kept him bedridden for 10 days. Ryan was treated with dandelion tea and oil of oregano before he went into convulsions and his mother called 911. He was pronounced dead in a Calgary hospital.

Dr. Taj Jadavji, an expert on microbiology, immunology and infectious diseases at the University of Calgary, was asked to review the case and the autopsy report on behalf of the Crown.

He said group A streptococ-

cus is a fairly common bacterial infection that is "a treatable condition with antibiotics."

Jadavji said strep can take on more serious forms including flesh-eating disease and toxic shock syndrome, but he said Ryan's life likely could have been saved.

"Group A strep is a bacteria and easily treated with ... penicillin," he said. "You could have prevented the death of this child if this child had been seen by a physician."

Lovett's lawyer, Alain Hépner, asked Jadavji what he knew about natural medicines and took exception to a passage from the doctor's report which said: "Ryan's mother did not recognize how sick he was and she did not provide him with the adequate care."

Jadavji said Lovett didn't realize her son was sick, even though he lost 10 pounds over two weeks and was showing signs of getting worse.

THE CANADIAN PRESS

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COMMUNITY

Music to raise cash for local women's centre



Aaron Chatha
Metro | Calgary

A few local musicians are using Amy Winehouse's tragic journey as inspiration to help the Women's Centre of Calgary.

The fundraiser, Torch Night, is organized by Torchettes band member Deicha Carter to raise funds for the WCC, by having female-led bands perform original songs in addition to putting their own personal spin on Amy Winehouse's greatest hits. "I think her art inspires," said Carter.

"Her story is quite sad and, for me personally, I look at her story as a tragic lesson."

The bands selected for the fundraiser, which takes place Nov. 30, range from smoky jazz and hip-hop to more dark, witchy flavours.

Winehouse's tragic tale, which ended with alcohol poisoning in 2011, is a reminder that there are institutions like the WCC that are available to help.

The WCC offers peer support, legal advice, basic needs assistance and more.

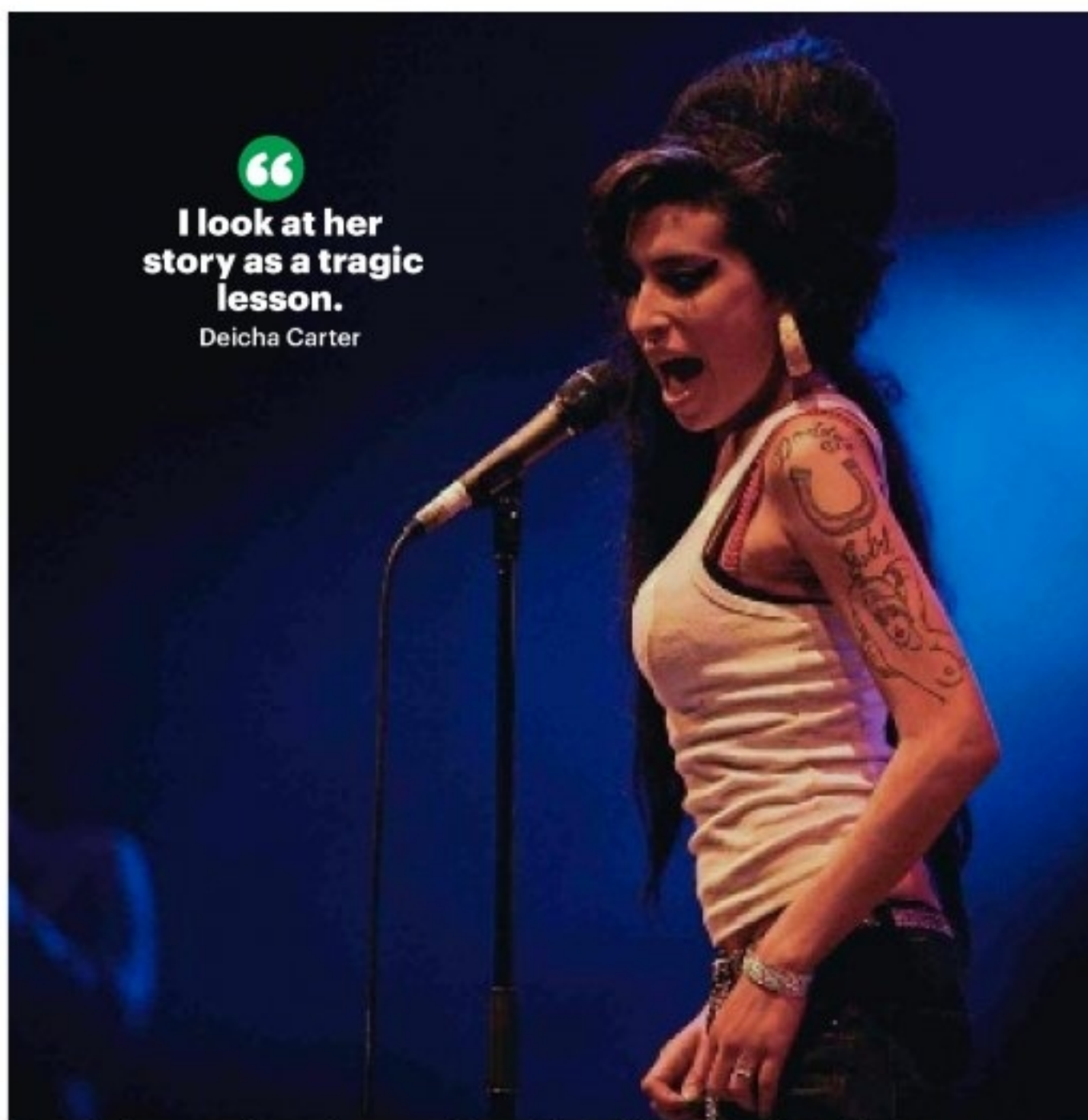
"As a single mother myself, who has reached out and used different community support groups or institutions in the last 13 years, I'm their No. 1 fan," said Carter.

"What I really appreciate about the women's centre is they don't make you jump through hoops.

"You go to them and say I need help, for whatever reason, they'll just support you."

The show takes place at Dickens Pub, starting at 8 p.m.

"I look at her story as a tragic lesson."
Deicha Carter



Amy Winehouse was known for neo-soul songs like Rehab and Love is a Losing Game.

WIKIMEDIA COMMONS

POWER

Province defraying cost of electricity

The Alberta government is making more changes to how it handles electricity as it transitions out of coal-fired power.

The province is giving the entity that brokers the electricity system (known as the balancing pool) the ability to borrow money from the province to manage its funding obligations so those costs don't get passed on to consumers.

The balancing pool was set up when Alberta deregulated electricity two decades ago, but Energy Minister Marg McCuaig-Boyd says that was a flawed approach.

She says power companies are now returning money-losing power contracts to the balancing pool and any outstanding costs are passed on to ratepayers.

McCuaig-Boyd says other changes will keep electricity costs low and stable as Alberta shuts down all coal-fired electricity by 2030. The province has also hired Robert Bhatia, a former senior civil servant, to be the new chairman of the balancing pool's board of directors.

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metro



Raine Maida of Our Lady Peace puts on his teacher's cap Wednesday. CONTRIBUTED

Songwriters get tips from expert

MENTORSHIP

Raine Maida shares ideas with selected Alberta bands



Aaron Chatha
Metro | Calgary

A few handpicked Alberta musicians are getting a master class in songwriting from the front man of Our Lady Peace, Raine Maida.

As part of the RBC Master in Residence Mentorship Program at the National Music Centre, Maida will hold one-on-one workshops Wednesday with folk-soul band Copperhead from Calgary, as well as The Royal Foundry and Two Bears

North from Edmonton.

Maida was asked by the NMC to choose the bands he wanted to mentor.

"I'm just looking for something slightly original these days," Maida said. "If you had to identify one factor that's really important (to me) in this noisy media world, that originality is probably most important."

Maida acknowledges there's no one right way to write a song. He began writing his songs strictly on based acoustic guitars or piano – then he would take it to the band.

Over the years, just to change things up, Maida began starting more with the rhythm elements or specific phrases.

"I was challenging myself," he said. "You do get kind of bored writing the same way all the time."

At the end of the day, he still

judges a song by whether he can go back and play it on an acoustic guitar.

What he does hope to impart is some inspiration for what he feels is missing in modern song writing.

"I feel like what we're lacking right now musically is a really strong advocacy voice," he said, in reference to recent world events. "If you go back to (Bob) Dylan or Joan Baez – we were talking about Ohio, that song by Neil Young, and you know, it was a protest song."

"I feel like we're missing that element right now in music."

On the whole, he does feel like Alberta has some very strong upcoming musicians – landing on these three bands was a tough process.

Maida will also hold a public event on Wednesday at 3:30 p.m. at the NMC.

EMERGENCY

Man falls, pinned under CTrain



Helen Pike
Metro | Calgary

First responders were on the scene after they heard reports of a man wedged under a CTrain after he was seen dangling from the train mirrors.

According to Calgary police, they were flagged down by pedestrians to the corner of Centre Street and 7 Avenue SW where a man was pinned under a CTrain.

Police said the man was rushed to hospital, and was alive before being rushed to

the hospital in life-threatening condition.

According to a duty inspector, he was seen hanging from the train's mirrors. He lost his grip, fell, and was pinned under the massive vehicle.

Police have the traffic unit on scene and are investigating.

Keep City Hall Accountable!

#YYCCHINATOWN MATTERS

Current Issues:

On December 5 City Council will vote on an application to increase the height, density, and uses for a parking lot in Chinatown. This would alter the existing Area Redevelopment Plan created to protect the historic and cultural vibrancy of this community.

- We are concerned that the City is not following their own policies to properly engage communities as stated in the Municipal Development Plan, Fair Calgary Policy etc.
- We should plan with the community before we make any irreversible development decisions.
- If this application is approved, Chinatown will disappear.

What we want from Council:

- **Suspend consideration** of specific changes to the current Chinatown ARP until a revised ARP has been developed in collaboration with the community.
- **A collaborative relationship** with the city in the form of a Planning Taskforce, working towards a vibrant and impactful Chinatown.
- Support integrated **long-term planning** that encompasses Chinatown related plans and initiatives.

How can you help?

Wear **RED** and meet at City Hall on Friday December 2 at 12:00PM to show your support for Chinatown.

Read our report:

<http://bit.ly/2gdZNXy>

Supporting Associations:

Alberta Chinese Community Congress, AllSeason Dance Yoga Studio, Calgary Chinese Senior Housing Society, Calgary Chinese Cultural Society, Calgary Chinese Chamber of Commerce, Calgary Indo-Chinese Elderly Chinese Association, Calgary Hong Kong Association, Calgary Hong Kong Martial Society, Calgary Indo-Chinese Elderly Chinese Association, Calgary Long Kong Association, Calgary Vietnamese Chinese Association, Calgary Young Twin Born/Immigrant Association, Canada Medical Society, Chinese Association of Health Care, Chinatown Community Association, Chinese Freemasons Society of Calgary, Chinese Freemasons of Lethbridge, Chinese Medical Community Society of Lethbridge, Coalition of Public Interest for Calgary Chinatown, Dan Coon Club of Calgary, Dan Coon Club of Lethbridge, Glen Rose Club Ten Immigrant Association, Immigrant Association of Calgary, Immigrant Community Association of Calgary, Indo-Chinese Health Association, The Vietnamese Music Society of Calgary, Vets Association, Lethbridge Hong Kong Athletic Club, Utah Society of Calgary, Medicine Hat Chinese Fellowship Association, Wong's Affinity Association, Wong Kee Chinese Herb Co., Wai Yi Association of Calgary, Zhong Hua Yipao Association, Ng Tuen, Zhou Li Danding School, Wai Hong Meat Shop, Tong Dynasty Restaurant

Follow and share on Twitter @ChinatownTFYYC
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Trudeau opens tap to pipeline projects

ENERGY

Liberals OK plans amid a backdrop of activist anger

The Liberal government has approved two major pipeline projects, including a controversial plan to transport Alberta bitumen to British Columbia's coast, setting up a showdown between Ottawa and local political and First Nations leaders.

Prime Minister Justin Trudeau announced late Tuesday afternoon that his government has approved the Kinder Morgan Trans Mountain pipeline expansion and Enbridge's Line 3 pipeline replacement.

The \$6.8-billion Trans Mountain project would add 980 kilometres of new pipeline between Edmonton and Burnaby to open up a route to the Pacific for the Alberta oil sands.

The project has faced strong opposition in British Columbia, including from First Nations communities, Vancouver Mayor Gregor Robertson, and local Liberal MPs.

"To them, and to all Canadians, I want to say this: If I thought this project was unsafe for the B.C. coast, I would reject it," said Trudeau at a press conference Tuesday. "This is a decision based on rigorous debate, on science, and on evidence. We have not been, and will not be, swayed by political arguments ... we have made this decision because we are convinced it is safe for B.C., and it is the right one for Canada."

During the announcement, Trudeau repeatedly pointed to recent steps the Liberals have announced to protect the environment — including committing to wean Canada off coal by 2030 and a five-year, \$1.5-billion coastal protection initiative.

TORSTAR NEWS SERVICE



Prime Minister Justin Trudeau and Alberta Premier Rachel Notley meet on Parliament Hill in Ottawa on Tuesday. JUSTIN TANG/THE CANADIAN PRESS

MILITARY

Women-recruiting plan is floundering

Canada's military is moving women to the top of the recruiting line as part of its effort to bring more gender balance to its uniformed ranks.

The announcement came Tuesday after the auditor general concluded that the military's aspiration of having women make up 25 per cent of its personnel within the next decade appeared to be just that — a dream with no strategy to actually accomplish the goal.

Gen. Jonathan Vance, the chief of defence, announced earlier this year that the Canadian Armed Forces would boost the number of women in the ranks by one per cent a year until the goal of 25 per cent had been met.

But a report by the auditor general of Canada found that the military lacked a strategy to actually achieve that target.

"While some efforts were made to attract women, no special recruiting program was developed for that purpose," the report said.

But on Tuesday, the general in charge of military personnel said there was a strategy ready to recruit more women and im-

+ AG REPORT

Some key findings:

■ The Canada Revenue Agency takes too long to respond to objections to its income tax decisions

■ Transport Canada has no way of assessing the potential security improvements resulting from a \$133-million baggage screening technology initiative.

■ The CRA also fails to adequately analyze or review decisions on objections and appeals.

prove recruiting overall.

"To increase the representation of women in the), women applicants who meet the required entry standards will go to the head of the queue," Lt.-Gen. Christine Whitecross, commander of Military Personnel Command, said in a statement.

TORSTAR NEWS SERVICE

CRASH

Pilot 'will be forever missed'

A pilot killed when his CF-18 fighter jet crashed during a training exercise near the Alberta-Saskatchewan boundary is being remembered as a dedicated airman who served overseas and once helped escort Santa on a Christmas delivery mission.

Capt. Thomas McQueen, 29, from the Hamilton, Ont., area, had been with the military for a decade and was engaged to be married.

He was a member of 401 squadron at 4 Wing Cold Lake

in northeastern Alberta.

"I can tell you first-hand how much of an incredible person he was and that he was dedicated to the service of Canada," Col. Paul Doyle, commanding officer of the base, told reporters Tuesday.

Doyle said he had been one of McQueen's instructors and had tremendous respect for the pilot. "His energy and dedication caused him to be recognized as the leader among his peers. He will be, and is, forever missed."

THE CANADIAN PRESS



Capt. Thomas McQueen
CANADIAN ARMED FORCES IMAGERY

Biden time in Canada



Haley Ritchie
Metro | Ottawa

Outgoing U.S. Vice-President Joe Biden will be making an official visit to Ottawa next week.

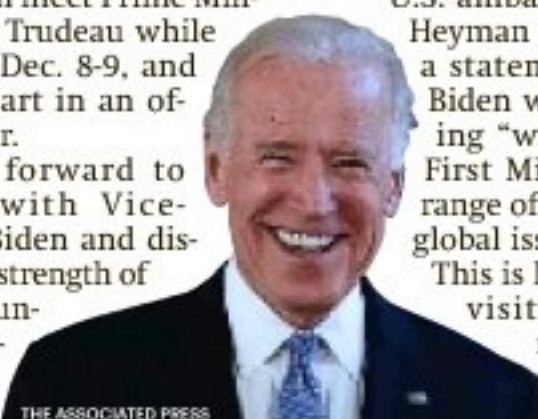
Biden will meet Prime Minister Justin Trudeau while in Canada Dec. 8-9, and will take part in an official dinner.

"I look forward to meeting with Vice-President Biden and discussing the strength of our two countries' relationship," Trudeau

said in a news release. "Canada has no closer friend, partner, and ally than the U.S., and our relationship with our neighbour to the south is critical to citizens on both sides of the border."

U.S. ambassador Bruce Heyman also released a statement, noting Biden will be speaking "with Canada's First Ministers on a range of bilateral and global issues."

This is likely the last visit Biden will make to Ottawa as vice-president



THE ASSOCIATED PRESS

EQUALITY

Gay couples no longer have to adopt their own kids

Same-sex parents in Ontario and others who use assisted reproduction to conceive will no longer have to adopt their own children.

The All Families Are Equal Act ensures that couples such as those who use a donor or a surrogate are legally recognized as parents, updating laws for the first time since 1978.

Under the old rules, same-sex parents often had to go to court to get that legal recognition.

THE CANADIAN PRESS



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Abdul Razak Ali Artan was identified as the Ohio State student who was shot to death Monday after he ran his car into a crowd at Ohio State University. THELANERN.COM/THE ASSOCIATED PRESS

Daesh hails Ohio State attacker

COLUMBUS

Somali-born student claimed by terror group as 'a soldier'

The Somali-born student who went on a car-and-knife rampage at Ohio State University railed on Facebook against U.S. interference in Muslim lands and warned, "If you want us Muslims to stop carrying lone wolf attacks, then make peace" with Daesh, a law enforcement official said Tuesday.

The posts from Abdul Razak Ali Artan's account came to light after Monday's violence, which left 11 people injured. "America! Stop interfering with other countries, especially the Muslim Ummah. We are not weak. We are not weak, remember that," he wrote, using the Arabic term for the world's Muslim community.

"Every single Muslim who disapproves of my actions is a sleeper cell, waiting for a signal.

I am warning you Oh America!" Artan also wrote.

Artan drove a car up onto a sidewalk and plowed into a group of pedestrians shortly before 10 a.m. He then got out and began stabbing people with a butcher knife before he was shot to death by a campus police officer.

On Tuesday, a Daesh news agency called Artan "a soldier of the Islamic State" who "carried out the operation in response to calls to target citizens of international coalition countries."

Daesh has previously described other attackers around the world as its "soldiers" without specifically claiming to have orchestrated the acts of violence.

Artan was born in Somalia and was a legal permanent U.S. resident, according to a U.S. official who was not authorized to discuss the case and spoke on condition of anonymity.

A law enforcement official said Artan came to the United States in 2014 as the child of a refugee. He had been living in Pakistan from 2007 to 2014.

THE ASSOCIATED PRESS

THAILAND HAS A NEW KING

Thailand's parliament on Tuesday named Crown Prince Vajiralongkorn as king, completing a formal step following the death of his father last month.

The Cabinet submitted Vajiralongkorn's name to the National Assembly after a brief meeting, where he was formally acknowledged



as the new monarch.

"I would like everyone to stand up and give their blessings

to the new king," said National Assembly president Pornpetch Wichitcholchai.

THE ASSOCIATED PRESS

WILDFIRES

'Walking through hell' in Tennessee

Wildfires fuelled by high winds roared through parts of the Great Smoky Mountains, chasing thousands of people from their homes.

National Guard troops arrived Tuesday to help overwhelmed firefighters, and Mother Nature provided a little relief as the winds calmed and rain fell in some areas. Forecasters said it would not be enough to end the relentless drought that has spread across the South and set the stage over the past few weeks

for wildfires in Tennessee, Georgia and North Carolina.

Linda Monholland, who was working at Park View Inn in Gatlinburg, said it was about 9 p.m. Monday when she left her workplace with about five other people. Surrounded by flames the whole way, they walked for about 20 minutes to a trolley to evacuate.

"There was fire everywhere. It was like we were in hell. Hell opened up," said Monholland,



I never want to see something like that again in my life, ever.

Linda Monholland

who was staying Tuesday at Rocky Top Sports World, an 80-acre sports facility that has been turned into a shelter. "Walking through hell, that's what it was. I can't believe it. I never want to see something like that again in my life, ever."

Photos of the popular tourist area showed scorched cars and buildings, and soot-covered debris littered across roads in the Gatlinburg area. A smoky haze hung in the air, obscuring picturesque views of mountains in the fall, awash in trees with leaves of red, yellow and gold.

The latest wildfires grew Monday night when wind high winds blew trees onto power lines, sparking new fires and spreading embers over long distances, officials said. THE ASSOCIATED PRESS

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U.S. ELECTION

Romney among latest visitors to Trump Tower

Reaching deep into conservative territory, President-elect Donald Trump chose Georgia Rep. Tom Price to oversee the nation's health-care system on Tuesday, picking a fierce "Obamacare" critic who also has championed efforts to privatize Medicare. Trump selected another veteran Republican, Elaine Chao, to lead the Department of Transportation.

Both have long ties to Washington.

Price, picked to lead the Department of Health and Human Services after more than a decade in Congress, helped craft House Speaker Paul Ryan's plan to privatize Medicare — a position Trump opposed in the campaign. Chao, who was the first Asian-American woman to serve in a president's Cabinet, is married to Senate Majority

Leader Mitch McConnell.

Trump announced his choice of Price, while the selection of Chao was confirmed by a person with knowledge of the decision but not authorized to speak publicly.

The selections came as Trump spent Tuesday with advisers in his Manhattan skyscraper, racing through meetings with prospective administration hires as high-profile vacancies loom — none bigger than secretary of State. Former Massachusetts Gov. Mitt Romney, on the shortlist for the nation's chief diplomat, was to have a private dinner with the incoming president.

Trump also met with former vice-president Dan Quayle, who is not a Cabinet candidate, among a half dozen visitors on the day. THE ASSOCIATED PRESS



ITALY SEE YOU NEXT YEAR!

Emma Morano blows out candles on her birthday cake in Verbania, Italy, on Tuesday. At 117 years of age, Morano is now the oldest person in the world.

ANTONIO CALANNI/ASSOCIATED PRESS

Soccer world mourns loss of Brazilian team

COLOMBIA

Black boxes recovered as tragedy cuts short fairy tale

Colombian authorities searched for answers Tuesday into the crash of a chartered airliner that slammed into the Andes mountains while transporting a Brazilian soccer team whose Cinderella story had won it a spot in the finals of one of South America's most prestigious regional tournaments. All but six of the 77 people on board were killed.

The British Aerospace 146 short-haul plane declared an emergency and lost radar contact just before 10 p.m. Monday, according to Colombia's aviation agency. It said the plane's black boxes had been recovered and were being analyzed.

Whatever the cause of the crash, the emotional pain of Colombia's deadliest air tragedy in two decades was felt across the soccer world.

Expressions of grief poured in as South America's federation

cancelled all scheduled matches in a show of solidarity. Real Madrid's squad interrupted its training for a minute of silence and Argentine legend Diego Maradona sent his condolences to the victims' families over Facebook.

Brazil's top teams offered to loan the small club players next season so they can rebuild following the sudden end to a fairy-tale season that saw Chapecoense reach the tournament final just two years after making it into the first division for the first time since the 1970s. "It is the minimum gesture of solidarity that is within our reach," the teams said in a statement.

Sportsmanship also prevailed, with Atletico Nacional asking that the championship title be given to its rival, whose upstart run had electrified soccer-crazed Brazil.

Rescuers working through the night were initially heartened after pulling three people alive from the wreckage. But as the hours passed, heavy fog and stormy weather grounded helicopters and slowed efforts to reach the crash site.

THE ASSOCIATED PRESS



Fans of the Chapecoense soccer team mourn at the Arena in Chapeco, Brazil, on Tuesday. ANDRE PENNER/THE ASSOCIATED PRESS

Thousands trapped or displaced in Aleppo

Renewed airstrikes killed at least 20 civilians as they fled government advances in Syria's besieged eastern part of Aleppo Tuesday, opposition groups reported as

troops continued to target the enclave controlled by rebel groups. The United Nations said up to 16,000 people have already been displaced in recent days of

fighting.

A senior military official in Damascus put the number of people fleeing the opposition-controlled area Tuesday alone at around 20,000, say-

ing his government has put security measures in place to vet those leaving to ensure no fighters are among them and no violence takes place.

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JESSICA ALLEN ON THE PITFALLS OF REBOOTS



It's good to be back in Stars Hollow, the fictional town the original Gilmore Girls was set in, but it's not quite the same.

I headed straight to the grocery store on Friday after work to pick up provisions for devouring the new Gilmore Girls miniseries on Netflix. Judging from the congestion in the baked goods aisle — and the lack of Pop Tarts — others had the same idea.

And judging from social media chatter and online think-pieces, there's near consensus: the four-episode-long A Year In the Life is a little like cold pizza. It is good, because it's pizza. Sometimes cold pizza even tastes better than hot pizza. But it's still...cold pizza.

In other words, it's good to be back in Stars Hollow, the fictional town the original series was set in, but it's not quite the same.

Although the title characters, Lorelai and Rory Gilmore, are still wearing their circa-2003 getups: flared jeans and knee-high boots with jersey wrap dresses finished off with cropped jean jackets. And they still wildly gesticulate while holding empty extra-large takeout coffee cups.

But complaining, a sport conducted around water coolers on Monday morning, is half the fun: Why did the show's creator, Amy Sherman-Palladino, let her husband and collaborator Daniel include that musical interlude? That was 10 valuable minutes that could've been spent on a shirtless Jess (one of Rory's love interests, played by Milo Ventimiglia), or on Rory's best friend Paris Geller, whose meltdown in her old private school's washroom is the funniest in the miniseries, or explaining what happened to all those wedding cakes that Lorelai's sidekick and colleague Sookie made.

These are observations from a novice. My partner

Simon and I started watching the original series, which aired from 2000 to 2007, just two years ago. He'd convinced me to give Nymphomaniac, the four-and-a-half-hour sex apocalypse by the premier poet of cinematic doom Lars von Trier, a go. He fell asleep 20 minutes in. When he woke I was 10

same sense of comfort and security was provided by the Anne of Green Gables miniseries for me: And by the by, Jess is basically cribbing from Gilbert Blythe when he tells Rory that she really ought to write what she knows.)

Three young women at my office actually said they

years, suddenly dies, she realizes her big house, the country club and the Daughters of the Revolution are all nonsense.

"I can't spend any more time on artifice and bulls—," she says. When she moves to Nantucket and buys a house the previous owners named "Clam Shack," she says, "I guess Vagina House was taken."

Coincidentally, Rory Gilmore reads Moby Dick, partially set in Nantucket, in the show's original pilot. Emily ends up volunteering as a guide at the whaling museum there.

Self-referential full circles are hammered home elsewhere. The pilot ended with an ultimatum: Emily and Richard promise to pay for Rory's private high school, only if she and Lorelai agree to come once a week for dinner.

It ends with another: Emily will pay for the expansion of Lorelai's inn only if she and Luke promise to visit Nantucket for two weeks every summer and a week at Christmas.

Even the last four words in the reboot are, in a sense, a continuation of the cycle, although it certainly isn't the ending that most of us expected.

Part of me wishes the creators ended things by squeezing in one more pop culture reference — a tip of the hat to the ambiguous finale of the greatest television show ever created (the Sopranos). Have Rory and Lorelai meet at Luke's Diner. The misfits of Stars Hollow file in. And just as a Journey, or maybe a Steely Dan song plays, they cut to black.

Jessica Allen is the digital correspondent on CTV's The Social.



THEN AND NOW Rory and Lorelai are their coffee-wielding, fast-talking selves, but the Gilmore Girls reboot on Netflix is missing some magic, Jessica Allen writes. ASSOCIATED PRESS/NETFLIX

minutes into the pilot of Gilmore Girls. It was a long winter.

I'm actually envious of the die-hard fans, including many who have seen the entire series six or seven times. They tend to be young women who watched the show with their parents when it aired. Their repeat visits to Stars Hollow, where not much goes wrong, are steeped in nostalgia. (That

Complaining, a sport conducted around water coolers on Monday morning, is half the fun.

went to journalism school because Rory Gilmore did. Another said that whenever she re-watches now, the cultural references that were famously packed into the original series resonate more deeply.

The reboot is swimming in such references. There's pop — think Kardashians, Game of Thrones and Goop — and high brow films like the Coen Brothers' Inside Llewyn Davis, David Lynch's Eraserhead, and Paul Mazursky's An Unmarried Woman, which Kelly Bishop, who plays Gilmore matriarch Emily, was actually in back in 1978.

Speaking of the Gilmore grandmother, she's given the best story arc, the best wardrobe and the best lines. After Richard, her husband of 50

VICKY MOCHAMA

If the CBC goes ad-free, it shouldn't be to bail out the rest of the media

It's rather odd for the barons of the printed press to blame the CBC for their difficulties. Despite several years of devastating cuts and losses, five senior executives at Postmedia received a total of \$2.3 million in retention bonuses.

For what they are being retained remains unclear. Yet they — and their equivalents at other major outlets — have the audacity to wander onto Parliament Hill begging for mercy.

Over the last few years, declining subscriptions, the Internet and lower advertising revenue have hit the nation's newspapers hard. They might soon only afford a small staff of interns to yell the news in your local town square.

The heads of the newspaper business have told Parliament's heritage committee that the CBC is to blame.

The CBC has made a number of changes, from running digital ads to launching an opinion section that has diversified the range of white people paid to have opinions.

Our public broadcaster behaved like a ruthless media company, which other media companies apparently did not realize was an option. These changes, they say, have hampered the ability of newspapers to sell advertising. It hasn't come up that the websites of many major newspapers look like a scanned pdf. And the existence of adblockers seems to have escaped their attention.

Up against this finger-pointing, the CBC has re-

sponded that they're only too happy to get out of the advertising game. For \$418 million, they'll go ad-free like their BBC counterparts. Not only is it a clever bit of ransoming, it's an excellent response to every criticism levelled at them.

Think the CBC should get out of the opinion game? Cut a cheque for \$20 million and no one there will ever use an "I feel" statement ever again.

Think the CBC's coverage of hockey and the Olympics is terrible? Drop \$88 million at their Toronto headquarters. In no time, it'll be "Ron McLean? Who? Haven't heard that name in years."

Think the broadcaster shouldn't even be on the Internet? Put out the collection plate for \$133 million, and soon we will have the world's most impressive publicly funded fax machine.

The numbers here are my guess, but I'm sure the CBC could offer up a more accurate price list. Hell, for a gold Starbucks card and two tickets to the musical Hamilton, they might get out of the news business altogether.

For an unwieldy bureaucracy, the CBC has managed to outfox the private companies. If their ad-free gamble works, they'll exit the diminishing returns of the advertising world with a solid financial base. And at a much lower \$400K salary, CBC president Hubert Lacroix got his multimillionaire nemesis to make his argument for him.

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Staying active can mean something as simple as spending the day with the grandkids. ISTOCK

Staying active in retirement

HEALTH AND WELLNESS

Active lifestyle keeps seniors golden in their golden years

Vawn Himmelsbach

One of the worst things seniors can do in retirement is become inactive, a habit that can lead to reclusive behaviour — even depression.

Numerous experts cite the benefits of exercise and active living, from greater strength, endurance and flexibility to better mental health. Studies show that exercise can boost one's mood, improve brain function and even help prevent memory loss.

It can help lower the risk of chronic diseases such as Alzheimer's, diabetes, heart disease, colon cancer and osteoporosis,

and may help reduce the impact of chronic diseases by improving immune function.

Staying active in retirement, however, doesn't mean running a marathon (though, for some, it might!). It's about spending a day with the grandkids or handling daily household chores without feeling completely exhausted. If seniors are leading a sedentary life and haven't been regularly active for years (or decades, or ever), experts recommend consulting with a doctor first to make sure a chronic condition — such as back pain or arthritis — won't be made worse.

The biggest challenge, though, is staying motivated. Retirees should find activities they enjoy that they can easily incorporate into daily life. Walking is always an option; it doesn't cost anything, doesn't require special equipment and can be done almost anywhere (with friends and loved ones). Swimming and water aerobics are also good options, since exer-

cising in water reduces strain on the joints.

Seniors can help themselves stay motivated by finding a 'gym buddy' or joining a class. A regular routine, such as working out with a personal trainer or joining a dance class, can keep an activity regimen on track.

A 2011 survey by Norwegian researchers found that exercising at any level is associated with better physical and mental health, especially for older men and women.

Having a financial plan in place can make it easier for seniors to stay active and healthy after retirement. And those working with a financial advisor are more likely to have a retirement savings goal, according to the Insured Retirement Institute.

So whether that's cycling along the Dalmatian Coast in Croatia or learning to salsa, they'll be able to pursue those goals long into their golden years.

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Golden-year volunteers

RETIREMENT YEARS

Helping others can give retirees a sense of purpose

Vawn Himmelsbach

Few seniors plan to lie around on the couch all day and watch TV during their retirement years.

But many newly retired seniors find themselves bored or even depressed without a daily routine or feeling of greater purpose.

A sense of purpose can add years to your life, according to researchers from Carleton University in Ottawa and the University of Rochester in New York, who published their 2014 study in Psychological Science. After tracking 7,000 adults for 14 years, they found those who had a purpose or direction in life outlived those

who did not.

And in a research study led by the Rotman Research Institute at Baycrest Health Sciences, Canadian and American scientists examined 73 studies published over the past 45 years involving adults aged 50-plus in volunteering roles. The results were consistent: volunteering was linked to reductions in symptoms of depression, better overall health and greater longevity.

Volunteering offers a way for seniors to give back to the community while staying active and socially involved. It doesn't have to become a full-time commitment — there are countless opportunities for volunteering, from helping out at a food bank to walking dogs at an animal shelter to mentoring youth.

There's also an opportunity for retirees to use the skills and expertise they've built up over a lifetime. Many nonprofits, for example, need help in areas such as accounting, management and marketing, but don't have the budget for

it.

On the other hand, retirees may want to try something entirely new. That could mean learning a skill or hobby they've always been interested in but never had time for. Those new skills and hobbies could also be put to good use for a non-profit.

Resources such as Volunteer Canada (volunteer.ca) can help retirees find a volunteer position, and the Canadian Association for Retired People (carp.ca) offers an online directory of organizations looking specifically for retired volunteers.

Volunteering, however, is just that — there's no pay cheque at the end of the day. So being able to help others means having enough retirement savings to volunteer time without pay. Planning ahead, working with a financial advisor and having a retirement strategy ensures that when you retire, you can choose to use your skills to help others instead of working to pay the bills.



Volunteering offers a way for seniors to give back to the community while staying active and socially involved. ISTOCK



ROLLING STONE

Evan Rachel Wood: 'I have been raped'

Evan Rachel Wood has revealed that she has been raped twice.

The revelation comes in a letter to Rolling Stone that Wood made public on Twitter on Monday. In the note, she writes, "Yes, I have been raped." She says she was assaulted once "by a significant other" she was together with at the time, and by a bar owner during a separate incident. She says she initially questioned herself over both incidents, which she says took place "many many years ago."

The Westworld actress posted the letter after the incidents were mentioned in a Rolling Stone profile of her published earlier this month.

Wood says in the letter that she believes being raped "was



Evan Rachel Wood GETTY IMAGES

one of the many factors" behind a suicide attempt when she was 22. THE ASSOCIATED PRESS

GOSSIP NEWS IN BRIEF

Dolly Parton heartbroken by wildfires in hometown

Country music icon Dolly Parton says she's heartbroken about wildfires that tore through the Tennessee county where she grew up but spared the Dollywood theme park that bears her name.

In a statement released Tuesday by her publicists, Parton said she's been watching the "terrible fires" in the Great Smoky Mountains. At least 14,000 people have been forced to evacuate the tourist area of Gatlinburg, Tennessee, and a dozen people have been injured in the wildfires.

"I am praying for all the families affected by the fire and the firefighters who are working so hard to keep everyone safe," she said.

In a video released just hours before the wildfires engulfed Gatlinburg and areas around Pigeon Forge, Parton urged people to prevent forest fires.

Parton appears with Smokey Bear in the 30-second video released Sunday by Great Smoky Mountains National Park. She tells people to avoid burning leaves and parking vehicles on dry grass, and warns that even a campfire can spark a wildfire. THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

A reflection of crime, slavery

THE SHOW: 13th (Netflix)
THE MOMENT: Closing credits

The closing credits of this documentary, directed by Ava DuVernay (Selma), are accompanied by regular, everyday snapshots: mothers holding babies, fathers horsing around with toddlers, smiling children at birthday parties. Three women pose next to a giant sequoia; an older lady beams at the Grand Canyon. What is extraordinary is their ordinariness, because every person in them is black.



This doc is a calm, well-reasoned wail of anguish.

This doc is a calm, well-reasoned wail of anguish. Its title refers to the 13th amendment to the U.S. Constitution, which abolished slavery but included the fateful phrase "except as punishment for a crime." DuVernay gives us a host of thinkers from Angela Davis to Newt Gingrich who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition; that it persists in the criminal justice system; and that mass incarceration and programs such as Stop and Frisk have become socially acceptable substitutes for slavery and lynching.

The statistics are harrowing: in 1970, there were 358,000



Director Ava DuVernay gives us a host of thinkers who make a strong case that a campaign of mistrust and abuse of African-Americans began immediately after abolition. Political activist Van Jones is featured in the documentary. CONTRIBUTED

Americans in prison; in 2014, 2.3 million — a disproportionate number of them black. The images are worse: chain gangs, hanged bodies, unarmed young men shot dead in the streets.

DuVernay's subjects con-

tend that these images have power and must be shown. But she also knows they're hideously familiar. That's why the closing credit photos are such a brilliant stroke. In the U.S. circa now, the truly startling images

are those of happy black people living ordinary lives.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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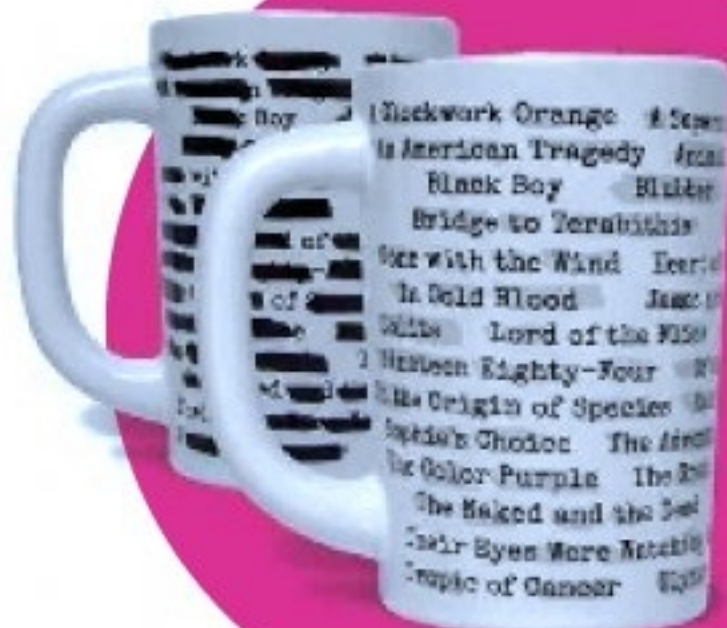


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Your *classic* chocolate chip cookie recipe

(plus two other sweet treats to see you through Christmas)

BAKING

Get set for the holidays with these recipes

Karon Liu
Torstar News Service

Chocolate Chip Cookie

Makes about 30 cookies.

This foolproof recipe is adapted from user-generated recipe database Allrecipes.com and has been rated nearly 8,000 times with a 4.5 out of 5-star rating. It has never failed for me. Fun fact: I brought these to a dinner party for British Times restaurant critic Giles Coren and he gave the cookies a thumbs up.

Cookie tip: The temperature of the butter greatly affects the over-

all look and texture of a cookie. When the butter is mixed at room temperature (it makes a dent when you poke it), it yields a cakey texture. When the butter is melted, it makes for a chewier and flatter cookie.

Ingredients:

- 2 cups (500 mL) unsalted butter, room temperature
- 2 cups (500 mL) granulated sugar
- 1 tbsp (15 mL) molasses
- 2 large eggs
- 2 tsp (10 mL) vanilla extract
- 1 tsp (5 mL) baking powder
- 2 tsp (10 mL) hot water
- 1/2 tsp (2 mL) salt
- 3 cups (750 mL) all-purpose flour
- 2 cups (500 mL) semi-sweet chocolate chips

Directions:

1. Prepare two baking sheets lined with parchment paper or

silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large bowl with a mixer, cream butter, sugar and molasses together on medium speed until smooth and fluffy. Turn speed down to low. Add eggs and vanilla. Continue to mix on medium-high speed until well incorporated and fluffy in texture.

3. In a small bowl, dissolve baking powder in water. Add to bowl along with salt.

4. Slowly add flour and mix on low speed until just incorporated and there are no more streaks. Stir in chocolate chips. Do not over mix.

5. Scoop about 1 1/2 tablespoons of dough and roll into a ball. Place on lined baking

sheets, leaving about 1-inch between cookies. Repeat with remaining dough. Use back of spatula or palm to slightly flatten cookies.

6. Bake at 350F (175 C) for 15 to 20 minutes until slightly browned on edges but still a bit soft.

7. Let cool for 5 minutes before transferring to wire rack to cool completely. Repeat with remaining dough.

8. Store in an airtight container for up to a week or freeze for up to a month.

Amaretti

Makes 36 cookies.

Amaretti is essentially a flourless Italian cookie, similar to a macaroon but made with almonds rather than coconut. It is crispy on the outside and soft and chewy inside and easy to make. No chilling, no rolling, no decorating. Just scoop dollops of almond paste on to the baking sheet.

This recipe is simplified from Allrecipes.com — I bought ground almonds rather than grinding the nuts.

Cookie tip: When baking with egg whites, stick to whole eggs rather than pre-separated stuff in the carton. Egg whites from actual eggs have a lower moisture content and will easily whip into meringue. Too much moisture and the batter will flatten out.

Ingredients:

- 2 cups (500 mL) ground almonds
- 1-1/2 cups (375 mL) granulated sugar
- 3 egg whites
- 1 tsp (5 mL) almond extract
- Icing sugar or unsweetened cocoa powder, for garnish

Directions:

1. Prepare two baking sheets lined with parchment paper or silicone baking mats.

2. In a bowl, mix ground almonds and sugar. Add egg whites and almond extract. Stir until a smooth, sticky dough forms.

3. Spoon heaping teaspoon-sized balls on to lined baking sheets, leaving about an inch between each ball. Bake at 300F (150C) for 20 to 30 minutes until cookies are golden

brown and set.

4. Let cool for 5 minutes before

transferring to a wire rack to completely cool. Lightly dust with icing sugar or cocoa powder for garnish.

5. Store in an airtight container for up to 2 days or freeze for up to a month.

Cake Mix Cookies

Makes about 24 cookies.

These cookies made from boxed cake mix (I used Betty Crocker's confetti cake mix) are perfect for people who don't cook.

Ingredients:

- 1 box confetti cake mix
- 2 large eggs
- 1/2 cup (125 mL) vegetable oil
- Sprinkles, for garnish

Directions:

1. Prepare two baking sheets lined with parchment paper or silicone baking mats. Set aside.

2. In a stand mixer with paddle attachment or a large mixing bowl with a mixer, combine cake mix, eggs and oil until well-incorporated.

3. Drop tablespoon-sized balls of mix onto lined baking sheet. Add sprinkles on top. Bake at 350F (175C) on middle rack for 10 to 15 minutes or until edges brown. For fluffier more cakelike cookies, bake on top rack until they rise and brown, about 5 to 8 minutes, then move to bottom rack to complete baking.

4. Remove from heat and let cool on tray for 10 minutes before transferring to a wire rack to cool completely.

5. Store in an airtight container for up to a week or freeze for up to a month.



These easy Italian cookies require just four ingredients and don't need any rolling or chilling. ALL PHOTOS: TORSTAR NEWS SERVICE



Use boxed cake mix to make these moist cookies.

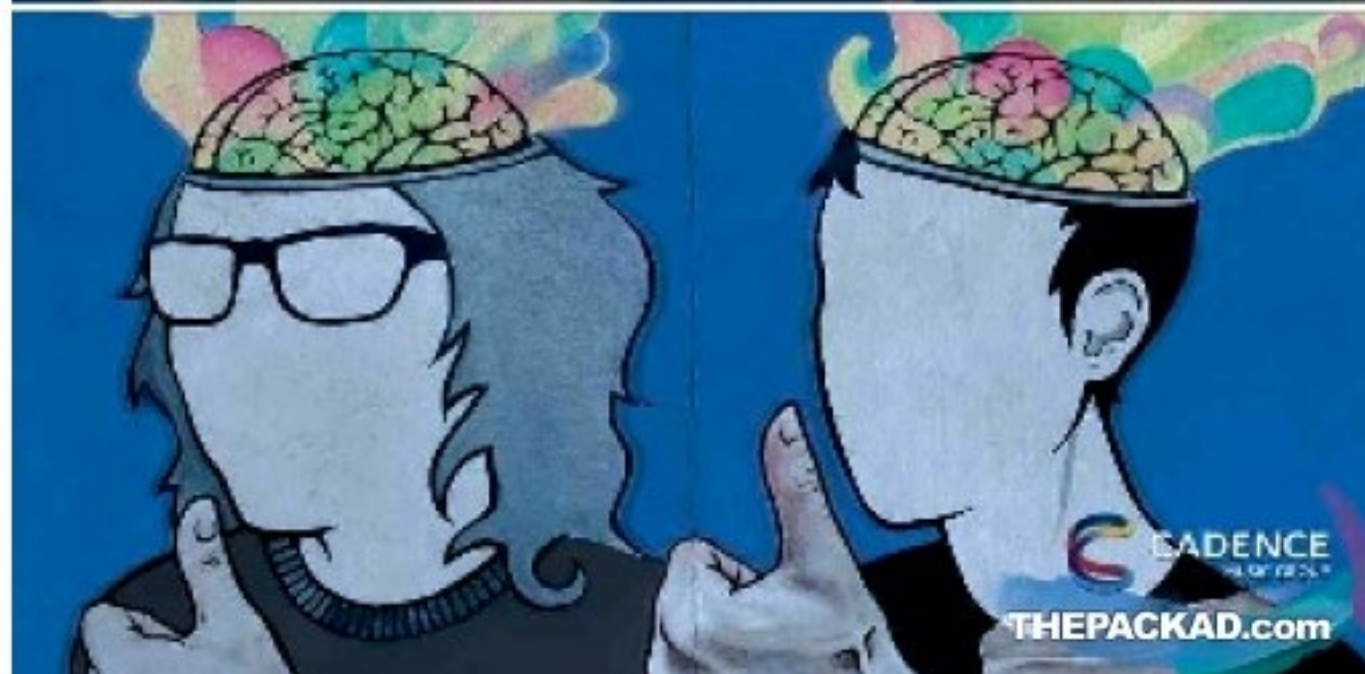
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Unforgettably tasty hors d'oeuvres for the holidays



Deep-fried crunch, gooey cheese, salty pancetta and the fresh snap of sliced cucumber and apple, all in a single bite.

TORSTAR NEWS SERVICE

APPETIZER

This recipe will get you through the hosting season

Ricardo Larrivée

Torstar News Service

You may know them as appetizers or amuse-bouches — I know them as hors d'oeuvres, and they're one of my favourite things in the world. Any food you can eat with abandon while standing around, chatting and sipping cocktails is aces in my book! In the spirit of the giving season, I'm handing you the only recipe you'll need to ensure your holiday party starts off on an unforgettably tasty note. This hors d'oeuvre has deep-fried crunch, gooey

cheese, salty pancetta and the fresh snap of sliced cucumber and green apple ... all in a single bite. Prep the luscious little snacks an hour before your guests arrive, but mark my words — they'll pop them back faster than you can make 'em!

Panko-Crusted Goat Cheese with Cucumber and Green Apple

Makes 16 hors d'oeuvres.

Ingredients:

- 4 pancetta, thinly sliced
- 4 oz (115 g) fresh unripened goat cheese, at room temperature
- 1 tbsp fresh chives, chopped
- 1 pinch chili powder or Espelette pepper
- Canola oil, for frying
- 1 cup (150 g) unbleached, all-purpose flour
- 2 eggs

- 1 cup (60 g) panko bread crumbs
- 1 green apple, cored, cut into 1-inch (2.5 cm) long sticks and lightly drizzled with lemon juice
- 1 Lebanese cucumber, thinly sliced
- A few microgreens (optional)
- Salt and pepper

Directions:

1. With rack in middle position, preheat oven to 425 F (220 C). Line a baking sheet with parchment paper. Place pancetta slices on baking sheet. Bake for about 10 minutes or until crisp. Let cool. Chop finely.

2. In a bowl, combine cheese, pancetta, chives and chili powder. Shape into 1-tbsp balls and flatten slightly. Set on a plate and refrigerate for 15 minutes.

3. Preheat oil in fryer to 350 F (180 C). Line a baking sheet with a double layer of paper towels.

4. Place flour in a shallow dish. Beat eggs in a second shallow dish and place panko in a third dish. Dredge cheese balls in the flour, then dip in beaten eggs. Shake to remove any excess. Repeat these two steps for each cheese hors d'oeuvre, then press in panko to thoroughly coat.

5. Place a few hors d'oeuvres at a time in hot oil and fry for 2 to 3 minutes, turning them a few times, until golden brown. Drain on paper towels.

6. Place hors d'oeuvres on a serving platter. Garnish with a few slices of cucumber, julienned apple and microgreens.

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ROSE REISMAN THE SAVVY EATER**THIS WEEK:** Ferrero Rocher vs. After Eight Thin Dark Chocolate Mints

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Calories 230 (per 3 pieces)

Fat 16g

Saturated Fat: 5g

**HERE'S WHY**

Equivalent to a medium Dairy Queen Hot Fudge Sundae in fat.

When ending a holiday meal, there's nothing that hits the spot more than a chocolate treat. Moderation is the key to indulging in everything you love. You can get your chocolate fix with less calories and fat by opting for the After Eight chocolate mints which are free from artificial colours, flavours and preservatives. Ferrero Rocher chocolates up the calorie and fat content with nuts, and also contain modified palm oil which increases the saturated fat.

LIQUID ASSETS PETER ROCKWELL

Sip on holiday spirits while you decorate

liqueur with JD's Old No. 7 Tennessee whiskey. Drinking like a spicy punch, its flavours really kick into gear once you warm up a glass in the microwave.

Kahlúa's Peppermint Mocha (375ml, \$15.99-\$16.95)

blends the classic

Mexican coffee liqueur with a shot of cool mint, while Smirnoff's Peppermint

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martini.

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in all provinces.

If you haven't started decorating for Christmas by now, I'll bet every one of my Star Trek ornaments (which my family won't let me put on the tree) that this coming weekend you'll be getting your act together.

In my world something spirited to sip while you untangle strings of lights is a necessity. This year many distillers have mixed-and-mingled their familiar flavours with seasonal enhancements for trendy limited edition versions of themselves.

Jack Daniel's Winter Jack (\$19.99-\$23.99) is a combination of apple cider

**CONTROVERSY**

P.E.I. police threaten to play Nickelback to drunk drivers

A Prince Edward Island police department is threatening to impose the Nickelback treatment on anyone who drinks and drives.

The Kensington Police Service shared a social media post over the weekend promising to force any drunk drivers it arrests to listen to the Alberta band while in the back seat of a cruiser.

"We figure if you are foolish enough to get behind the wheel after drinking, then a little Chad Kroeger and the boys is the perfect gift for you," Const. Robb Hartlen says on Facebook.

The post created two kinds of controversy among commenters: Those offended the police service was making a joke about drunk driving, and Nickelback fans annoyed the band was the butt of the joke. THE CANADIAN PRESS



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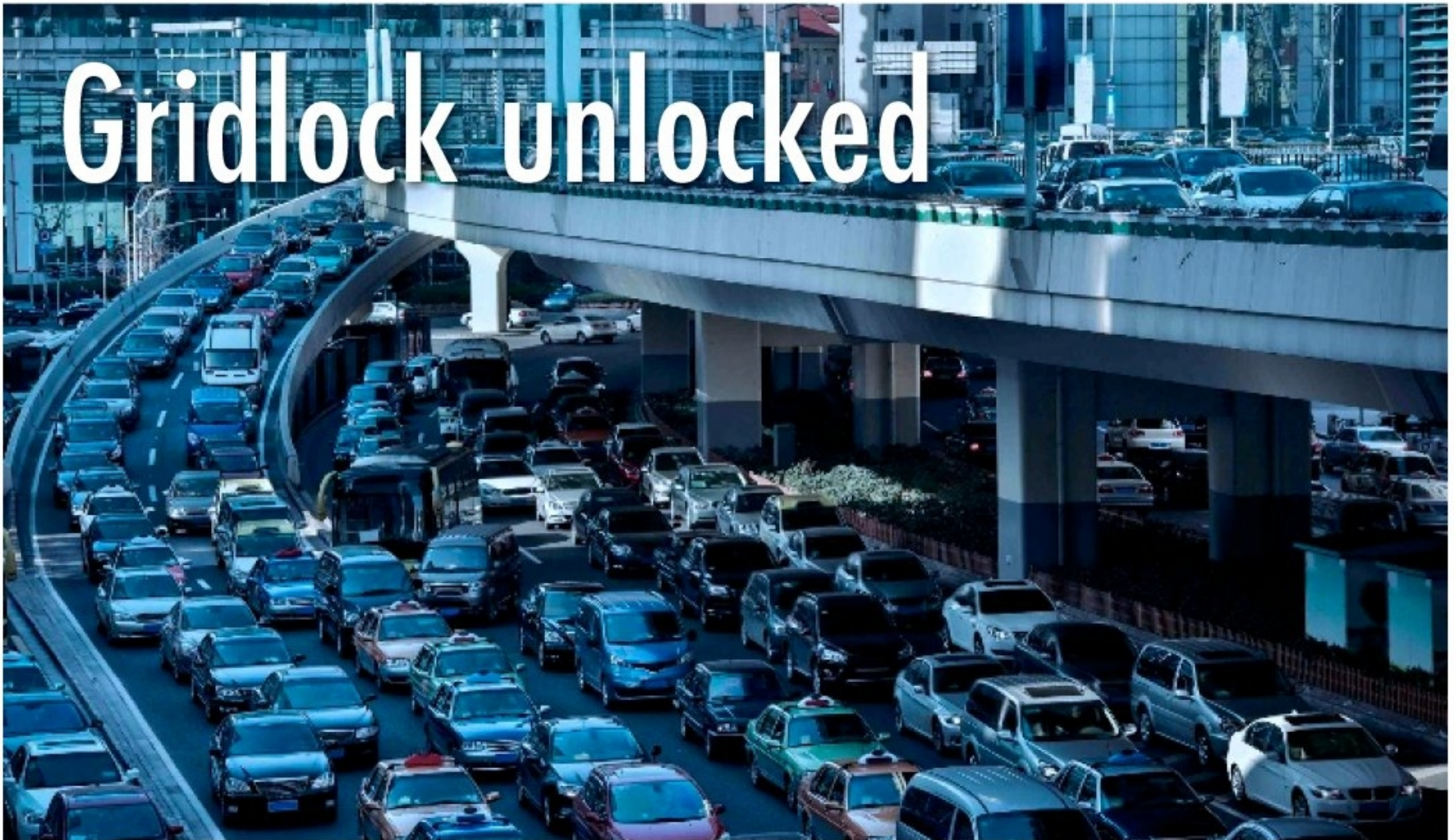
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Wrangling big data about traffic patterns could help analysts find better ways to alleviate gridlock in congested cities. ISTOCK

How big data can help city planners ease traffic congestion

It's a safe bet that if you get Canadians from any city together, someone is going to complain about the traffic. It comes as no surprise to commuters that Toronto, Vancouver and Montreal have been recently listed as some of the most congested cities in North America: the average driver can expect to spend nearly 30 per cent more time in their cars due to congestion, which amounts to more than 125 hours of extra travel time per year.

One of the potential solutions to the growing gridlock problem — and to many other challenges in large, metropolitan areas — is “big data.” Staggering amounts of data are created every second, thanks to the information generated by the billions of smartphones and connected devices interfacing with mobile networks around the globe. Big data can illuminate patterns and trends, and several big cities are looking for ways to harness these masses of information to improve everything from traffic and transportation networks to emergency services and utilities.

Jesse Coleman is the Big Data Innovation team lead for the City of Toronto. His group is building up the city's analytical capability so

they can leverage new and emerging forms of transportation data. Toronto Mayor John Tory created the team last year to deal with the congestion issue.

“Vehicles can be thought of as moving sensors,” Coleman explains. “Most are carrying GPS-enabled smartphones or have GPS navigation technology, and most large fleets — buses, taxis, delivery vehicles, etc. — are all being tracked.” His team's goal is to wrangle all that information to understand how traffic is moving through the city and find ways to make it easier for people to get where they need to go.

Transportation engineers and planners have always relied heavily on data to determine how people move around. Much of that data was gathered through market research and surveys. Pictures were collected; vehicles, bicycles and people were counted by hand. But collecting data that way can be expensive, and it only captures a small percentage of travellers. “This gets that type of data collection to a whole new level,” says Coleman.

The insights uncovered by Coleman and his team are already helping the city to manage its streets more effectively by enabling more-informed decisions about parking regulations, traffic signals, and more. “We can now see specific places where congestion is negatively impacting streetcars or buses,” he says. “By looking at the data, we can prioritize and stra-

tegically address the biggest inconveniences to Torontonians.”

Toronto isn't alone in harnessing the power of big data to ease traffic congestion. Anonymized information gathered from cellular towers is helping to plan smarter transportation networks around the world. In Wales, telecommunications company Vodafone partnered with the Welsh government to analyze mass-movement patterns throughout the country and identify the demands placed on the transit infrastructure. Over a period of three weeks, Vodafone analyzed more than six million journeys across highways in South Wales, providing invaluable insights that are now being used to inform the planning of new roads and public transportation systems.

As governments increasingly turn to data-driven decision making, new privacy standards are emerging to ensure that the benefits of big data can be realized while safeguarding citizens' personal information. Data — such as movement patterns throughout a wireless network — can be stripped of any personal information before it's analyzed. This process is referred to as “de-identification.” The de-identified information is then aggregated into massive bulk data sets using complex algorithmic models, which ensures that no data can be linked back to its source.

“We don't use any information that could identify any individual. We take that serious-

ly,” says Coleman. “Breaches would completely compromise everything we do, so we always incorporate privacy as the first priority.”

According to Michael Cihra, vice president of Internet of Things at TELUS, while big data has big potential to benefit nearly every aspect of our lives, its greatest impact could be simply shortening our daily commute. “Just imagine how more productive and less stressed we'd be if we spent less time stuck in traffic each day, not to mention the environmental benefits,” he says. “Transportation is a huge quality-of-life issue that Canadians would love to see prioritized by their governments.”

In a smart city, movement patterns can be used to optimize traffic-light sequences based on real-time traffic flow, sensors can make it simple to find and pay for parking using an app, and predictive analytics can be used to prevent bus, streetcar and subway breakdowns before they occur.

“As we harness the power of big data, we are going to see smarter cities with more effective infrastructure and more efficient public transportation,” says Cihra. “It's going to have a tremendous impact on our lives.”

ENOUGH FOR ALL: THE INDIGENOUS STRATEGY

The plan to lift Indigenous citizens out of poverty

More than half of all Indigenous children in Canada live below the poverty line. In Calgary, Indigenous people make up less than three per cent of the city's population, but 21 per cent of the homeless. Of those, 41 per cent are women. Of homeless youth in Calgary, 38 per cent are Indigenous.

Enough for All wants to put an end to these appalling numbers and the pain and suffering they represent.

Their strategy, aimed at reducing poverty in Calgary by 50 per cent by 2023, is designed with a deliberate focus on helping Indigenous people. Based on the idea that Calgary already has "enough for all" to thrive on, the strategy brings people together to redirect, coordinate and build on our existing resources to reduce poverty.

"The landscape and reality of poverty among Calgary's Indigenous population has been examined in numerous reports throughout the years, each identifying a consistency



STOCK

of issues, concerns and recommendations," says Franco Savoia, the executive director of Vibrant Communities Calgary. "We're working with the Indigenous community to develop an Indigenous Poverty Reduction Strategy which will be an integral component of the overall Enough for All strategy."

The Indigenous strategy will tackle a range

of issues, including health and well-being, child welfare and housing and homelessness. It will encourage businesses and organizations to implement a living wage of \$18.15 an hour for Indigenous employees, then press for recognition of the United Nations Declaration of Rights of Indigenous People. This will be a critical component to reduce barriers that

have evolved due to colonialism and address how to further reconciliation.

Alberta is home to about 12,000 survivors of residential schools and 69 per cent of all children in government care are Indigenous. Calgary's Indigenous people face unique issues, such as the terrible long-lasting effects of residential schools that need to be addressed. By educating Calgarians and challenging our perspectives on poverty and Indigenous peoples, we can make poverty reduction a high priority and make all Indigenous people equal participants in a prosperous future.

"The urgency of addressing poverty among Indigenous peoples in Calgary cannot be overstated," says Savoia. "As well as the cultural, socioeconomic, systemic and psychosocial consequences, poverty stymies the long-term potential and progress of individual people and our larger community."

Enough for All is a community-driven initiative supported by the City of Calgary, the United Way of Calgary and Area, Momentum, Vibrant Communities Calgary, and the Calgary Foundation. Visit EnoughForAll.ca to learn more about the Indigenous strategy.

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Shaking off the third fiddle role



REVIEW

Latest A4 looks to climb the luxury sedan ladder



Jonathan Yarkony
AutoGuide.com

While the automotive marketplace moves frantically toward crossovers of every size, shape and sporting intent, the sedan is not yet forgotten or ignored, especially in the luxury bracket.

For generations, the Audi A4 has played third fiddle to the BMW 3 Series and Mercedes C-Class, but the new 2017 A4 has a chance to change all that. We wanted to take an in-depth look beneath the barely changed skin to see if it has the goods to satisfy the growing legion of Audi faithful and capture the minds and hearts of other luxury shoppers.

We booked it for a long-term test that will span the fall and winter so that we could see Quattro all-wheel drive in its element, test it against some key competitors, and put it through the rigors of life to see how it fares when the initial shine wears off.

But first, let's cover the basics. For 2017, Audi completely redesigned the A4, though you'd be hard-pressed to tell at first glance, as it merely nipped and tucked the body, with only a few subtle tweaks like headlights, taillights and the grille that really stand out from the previous generation. While the looks are barely altered, they do yield a very impressive 0.27 coefficient of drag, aiding efficiency and reducing wind noise as the air slips over the body.

If you think the powertrain is just the same old 2.0T Quattro, well, it basically is, but with incremental changes that make a world of difference. With a configuration that was ahead of its time by a couple decades in this segment, Audi has had a huge head start developing and refining turbocharged four-cylinder powerplants.

This latest iteration doesn't necessarily blow the competition away with its power, but it's as smooth and slick as any four-cylinder turbo we can think of, as is the seven-speed dual clutch automatic. It's good enough to get to go from 0 to 100 km/h in six seconds flat, but it's the 273 lb-ft of torque available from 1,600 to 4,500 rpm that make it satisfying and rewarding in every situation.

THE CHECKLIST | 2017 AUDI A4

THE BASICS

Engine: 2.0-litre four-cylinder turbo
Power: 258 hp; 273 lb-ft of torque
Transmission: Seven-speed dual-clutch automated manual
Curb Weight: 1,645 kg
Fuel Economy (L/100 km): 9.8 city, 7.6 hwy, 8.6 combined
Price: Starts at \$38,500



LOVE IT

- Headlights, taillights and grille stand out from the previous generation
- Android Auto/Apple CarPlay and a pair of USB ports to which you can easily connect your phone rather than Audi's proprietary plugs of generations past.

LEAVE IT

- Doesn't blow the competition away with power (but still smooth and slick)

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CS LINE

BMW planning hotter M models

BMW has filed a number of new trademarks that point toward an entire lineup of new performance vehicles. The German brand filed to protect M1 CS through M8 CS with the World Intellectual Property Organization, suggesting that an entire range of new 'CS' models are coming. Spy photographers recently caught BMW testing two versions of its upcoming M4 model.

STEPHEN ELMER/AUTOGUIDE.COM



MERCEDES-AMG

Hypercar wants to be efficiency king

Mercedes-AMG is bringing its F1 technology to the streets in an upcoming hypercar, and when it arrives, the German automaker wants it to be the efficiency king. "Outstanding performance with more than impressive efficiency," was how chief executive of AMG Tobias Moers described the new hypercar. "It will meet emissions regulations worldwide, but we're still confident that we're going to have 40 per cent (thermal efficiency)."

STEPHEN ELMER/AUTOGUIDE.COM



WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

NIO EP9

World's fastest e-car not a Tesla

Say hello to the NIO EP9, what is being touted as the world's fastest electric car. NIO is a new global brand from Chinese automaker NextEV, with the EP9 electric supercar helping launch the new nameplate. According to NIO, the "visionary electric car brand will help users rediscover the 'joyful lifestyle' of car ownership by creating inspiring vehicles that deliver superior performance, a new benchmark for aesthetic design and unique user experiences." So far it's hard to argue that the NIO EP9 doesn't hit high marks in all those categories, having set a Nurburgring lap record for electric vehicles, turning in a time of 7:05.12. If you want to put that into perspective, that's faster than a Nissan GT-R NISMO that has documented 7:08.679 lap time. In addition, the EP9 smashed the EV record at Circuit Paul Ricard in France.

JASON SIU/AUTOGUIDE.COM

SMART DRIVE MUSTANG

Power Wheels indeed

Ford and Fisher-Price have worked closely together to create the Power Wheels Smart Drive Mustang. Sized just for kids, it's amazingly realistic. New for Power Wheels vehicles is the Smart Drive system, which is essentially the brand's first computer-controlled powertrain that adds features like traction control, stability monitoring, digital speed control, battery monitoring, as well as slow start and stop. The computer has the ability to monitor for wheel slip, adjusting motor speeds to help keep the car stable while going over wet grass or bumpy terrain. In addition, a tilt sensor can detect when the car is reaching dangerous angles, turning off the motors to prevent roll-overs. Parents can also easily control top speed, which ranges from two to eight km/h, as well as check battery charge level on a backlit LED touch interface. JASON SIU/AUTOGUIDE.COM



+ IN BRIEF

The fastest Lotus Exige ever

Lotus has unveiled yet another model not heading to North America. The latest introduction is the Lotus Exige Sport 380, what the British automaker is calling a "supercar killer." It's also being touted as the most aggressive iteration yet for the Exige model, as well as being the fastest Exige ever with a zero-to-97 km/h time of 3.5 seconds. Continuing its obsession with putting its cars on a diet, Lotus has the Exige Sport 380 tipping the scales at 1,066 kilograms dry, giving it a power-to-weight ratio of 352 horsepower per ton, with its 3.5-litre supercharged V6 providing 375 hp and 302 pound-feet of torque. JASON SIU/AUTOGUIDE.COM



"Win a major and you're done. But if you win a major, you're going to want to come back": Tiger Woods ponders the best way to end a golf career

Grey Cup loss like a bad dream for Stampeders

CFL

Players still in disbelief as one play stings with regret

The Calgary Stampeders face a long winter thinking about the Grey Cup that got away.

On the same day the Ottawa Redblacks held their Grey Cup parade in the national capital, the Stampeders were still coming to grips with the reality it wasn't their parade.

"The last two nights of sleep have been waking up from plays going differently and thinking we still had a Grey Cup to go play and go win," quarterback Bo Levi Mitchell said Tuesday at McMahon Stadium.

Added offensive lineman Derek Dennis: "Still reliving plays in my head. Playing the woulda, coulda, shoulda game."

The heavy favourites lost the CFL's championship game 39-33 in overtime to the Redblacks on Sunday in Toronto.

The Stampeders were built to win in 2016 and mostly did with a 15-2-1 record, but not when it counted the most.

Calgary's defence gave up a season-high 534 yards and Mitchell threw three interceptions Sunday. But the play under the microscope hap-



Bo Levi Mitchell leaves the Stampeders clubhouse on Tuesday. JEFF MCINTOSH/THE CANADIAN PRESS

pened when Calgary, trailing by three points on their final drive of regulation, got to second and goal from the two-yard line.

Instead of Mitchell staying on the field to throw or run the ball in — or giving the ball to running back Jerome Messam for a second consecutive carry

— coach Dave Dickenson put the ball in the hands of rookie quarterback Andrew Buckley.

The move wasn't without precedent as Buckley rushed for eight touchdowns in short-yardage situations during the season, and had just scored on a one-yard dash earlier in the fourth quarter. But Buckley

was tackled for a one-yard loss by Ottawa's Abdul Kanneh. Calgary kicked a field goal to tie the game, but lost in overtime.

"Monday-morning quarterbacks operate when the play doesn't work. When the play works, it's forgotten," Dickenson said. "That one play will never define that game, but it

“Still reliving plays in my head. Playing the woulda, coulda, shoulda game.”

Calgary offensive lineman
Derek Dennis

certainly causes some regret."

Stampeders general manager John Hufnagel, who handed the coaching reins to Dickenson this year after eight seasons in the job, did not second-guess him. "I've been in that position. I do truly understand the reason it was called," the GM said. "The only bad thing about the play was that it didn't work."

Mitchell said his post-game comments were edited to make it sound like he was critical of Dickenson's decision. Both he and Dickenson insisted Tuesday there wasn't friction between them.

"Dave knows I will always ride with him," the quarterback said. "He's one of the greatest coaches in this game. The ball was still in my hands in overtime. Just didn't finish."

Calgary had dominated the B.C. Lions — the league's No. 2 team — in the West Division final just a week earlier. The Redblacks were an 8-9-1 team in the regular season.

THE CANADIAN PRESS

CURLING

Carey and co. eyeing Olympics

Chelsea Carey and her Calgary-based team had several hurdles to clear last season en route to a national curling title.

It took some time for Carey and her new teammates to adjust to the lineup change after previous skip Heather Nedohin stepped away. Funding and support was lost, a rankings drop followed, and the team was forced to post key victories in order to qualify for top events.



Chelsea Carey
THE CANADIAN PRESS

"I think we overcame a lot of things last year to get to where we got to," Carey said. "That's an empowering feeling and certainly brings you together as a team."

Carey skipped Alberta to a 7-6 win over Northern Ontario's Krista McCarville in the final at the Scotties Tournament of Hearts in Grande Prairie, Alta. Now Team Carey is hoping to build on that solid season with an eye on next year's Olympic trials.

Carey and teammates Amy Nixon, Jocelyn Peterman and Laine Peters can lock up a berth at the Tim Hortons Roar of the Rings with a victory at this week's Canada Cup in Brandon, Man. The seven-team women's field also includes Olympic champion Jennifer Jones of Winnipeg, Ottawa's Rachel Homan, Winnipeg's Kerri Einarson, Edmonton's Val Sweeting, Tracy Fleury of Sudbury, Ont., and Edmonton's Kelsey Rocque.

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Soccer dream turns into nightmare



Dave Feschuk

They were living what many would consider a fantasy lifestyle: Young men on a charter plane, travelling together to play a boy's game for money and glory and community pride.

But late on Monday night, not far from Medellin, Colombia, that fantasy ended in brutal fate. A plane carrying 77 people, including members of Brazil's Chapecoense soccer club, crashed. Reports said six passengers survived: three players, two crew members and a journalist.

The team, which had been enjoying a dream season en route to Colombia to play one of the biggest games in its history, had been the talk of South American sports. An underdog squad from a city of about 200,000, as recently as 2009 the club had been a fourth-division afterthought. Last week they advanced to the final of the Copa Sudamericana, the continent's second biggest club competition; an equivalent to the UEFA Europa League.

"Before boarding, they said they were seeking to turn their dream into reality," Plinio David de Nes Filho, the club's chairman of the board, told reporters in Tuesday's



Chapecoense, the team behind a Brazilian soccer Cinderella story, seen here before last Wednesday's match against Argentina's San Lorenzo, was on the way to Medellin, Colombia, for first leg of the Copa Sudamericana final against Atletico Nacional when their plane crashed Monday night. NELSON ALMEIDA/AFP/GETTY IMAGES

grim light. "This morning, that dream is over."

And so the sports world

mourned another in a line of doomed teams decimated by air-travel tragedy.

stricken club a continent away. Spanish giants Barcelona and Real Madrid held moments of silence before training sessions. France's top teams promised similar tributes. Chapecoense's acting president vowed to rebuild the team: "The dream is not over. We will fight back when it's time."

Brazilian soccer great Pele pronounced the crash "a tragic loss," and the sport's spiritual homeland mourned the horrible end to a Cinderella story, a team that defied the odds even at its tragic conclusion.

Dave Feschuk is a sports columnist with the Toronto Star

On Tuesday, Toronto FC sent out "thoughts and prayers" via Twitter to the

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LEAGUE CUP YOUNGSTER GIVES REDS A BOOSTS

Ben Woodburn celebrates after scoring the second goal in Liverpool's 2-0 win over Leeds on Tuesday at Anfield. At 17 years and 45 days, the academy graduate beat Michael Owen's record for youngest Reds goalscorer by 98 days. PAUL ELLIS/AFP/GETTY IMAGES

IN BRIEF

Investigation into sexual abuse in British soccer

British police investigating sexual abuse in soccer have received calls from 250 people, the government announced Tuesday, as FIFA said the scandal could lead to offences by youth coaches being exposed worldwide.

Chelsea also opened an investigation into an employee from the 1970s who is now dead, while the English Football Association acknowledged it was braced for compensation claims.

THE ASSOCIATED PRESS

Brewers sign first baseman Thames to 3-year \$16M deal

Free agent Eric Thames agreed Tuesday to a \$16 million, three-year contract with the Milwaukee Brewers, who cut first baseman Chris Carter after a 41-homer season that tied for the National League lead.

A 30-year-old first baseman and outfielder who spent the last three seasons with the NC Dinos in South Korea. Milwaukee has a \$7.5 million option for 2020 with a \$1 million buyout.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Easy One-Pot Chicken Cacciatore



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

Is there anything that brings mouths to the kitchen quicker than the smell of a stew?

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 1 Tbsp olive oil
- 4 boneless, skinless chicken thighs
- Salt and pepper
- 1 lb mushrooms, cleaned, trimmed and sliced
- 3 cloves of garlic, minced
- 1 Tbsp rosemary, minced
- 1 x 19 oz canned whole tomatoes
- 1 x 15 oz canned cannellini beans, rinsed and drained
- Salt and pepper to taste

Directions

1. Pour oil into a large Dutch

oven or pot over medium heat. Slice the chicken thighs into about four pieces each and season them with a good pinch of salt and pepper. Working in batches, brown the meat. Don't worry about cooking it through. When the meat is brown, set it aside on a clean plate, drain off all but 2 Tbsp of fat.

2. Reduce heat slightly and toss in mushrooms. Once they've cooked down, about three minutes, add the garlic and rosemary and sauté for another minute.

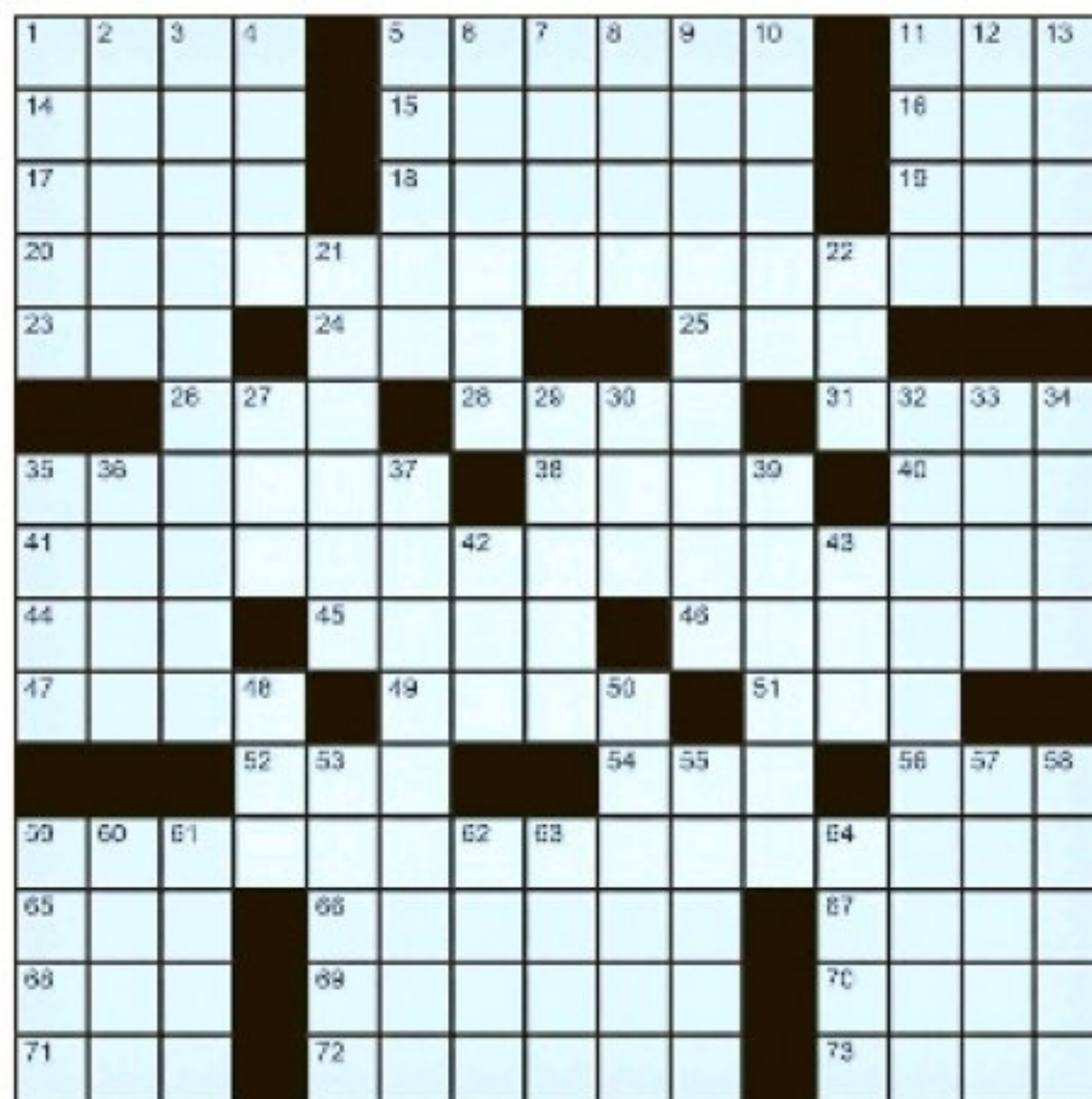
3. Now add your tomatoes and beans. Use the back of a wooden spoon to break up the tomatoes. Add the cooked chicken pieces and allow everything to simmer for about 15 or 20 minutes. Taste to check seasoning and add salt and pepper to taste.

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ACROSS

1. "___ the Knife"
5. Fiercely criticize
11. Bashful
14. Get ___ deal
15. The Grand ___
16. The Raven's writer
17. Village People hit
18. ___ long pause (When the sentence was continued, perhaps)
19. Gremlin
20. Where crews work in theatre: 3 wds.
23. Wide shoe width
24. That, in Tijuana
25. Flight-leaving info
26. Cornfield call
28. Virtually, in verse
31. Swindle
35. Sister of Moses
38. Vardalos and Peeples
40. Sherbrooke 'street'
41. As a home outfitted with upgrades to keep heat in and drafts out: 2 wds.
44. Mailing request [acronym]
45. Existence
46. Go around
47. Cross of ancient Egypt
49. Contract condition
51. No longer working [abbr.]
52. Whiz
54. 'Hect' ender
56. 'Lobby' suffix
59. St. Lawrence... How Jacques Cartier spent his early time in the New World: 3 wds.



65. UK honour [acronym]
66. Denzel Washington football movie, "Remember the ___" (2000)
67. Dame ___ Te Kanawa (New Zealand opera star)
68. Rocky hill

69. Form a group to tackle a project: 2 wds.
70. "Let ___" by Luba
71. Prefix to 'Clean' (Informational product)
72. Take to be true
73. Nice 'n Easy products

DOWN

1. "We'll see."
2. Military force, in French
3. Situated in British Columbia's Gold Country, this tourist village is northwest of Kamloops: 2 wds.
4. "The Bridge on the

- River ___ (1957)
5. Bunches
6. 1970s-style tunic
7. Lit'l literary collection
8. Chinook salmon
9. Mane's material: 2 wds.
10. Legislate
11. Whirl

12. Dwelling
13. Uh-huhs
21. Yanni's music: 2 wds.
22. Mr. Asner's
27. Ventilate
29. Deduce
30. Image file type
32. Michelangelo's gift
33. Jane, to Bridget Fonda
34. Apportion
35. Geological flattop
36. ___ instant
37. CBC's "Murdoch ___"
39. Sporty points-getter
42. Compass point
43. 'Favour' finisher
48. Mr. Holbrook
50. "___ P.I."
53. Terra ___
55. Rudolf Erich ___ (18th-century writer of Baron Munchausen tales)
57. The Red ___ (RCMP dress uniform)
58. Three-membered groups
59. 'External'-meaning prefix
60. Gaming console name
61. Roz's portrayer on "Frasier"
62. "Take ___ a blessing."
63. "___ the Killer Whale" (1966)
64. "___ you not!" (Seriously!)

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful about endorsing political and religious ideas today, because you might be confused. Perhaps someone who is talking too fast is trying to confuse you? It could be anything.

Taurus April 21 - May 21
This is a poor day for important discussions about inheritances or how to divide or share something. You will find it difficult to stand up for your rights. Postpone this discussion.

Gemini May 22 - June 21
Relations with partners and close friends are bit fuzzy today. People are not sure who is responsible for what, or where their exact boundaries are.

Cancer June 22 - July 23
You might feel tired at work today. This is why you should not take on more than you can handle. Don't push yourself. Be reasonable.

Leo July 24 - Aug. 23
Romance might be disappointing today, probably because you had unrealistic expectations. Perhaps you misunderstood what was really going on. Parents should be vigilant about their kids.

Virgo Aug. 24 - Sept. 23
During a family discussion today, you will have a tough time standing up for your rights because you feel like a second-class citizen. Don't worry — you are not second-class. This is just the feeling you have today.

Libra Sept. 24 - Oct. 23
Discussions are confusing today. In addition to this, you might spend a lot of time daydreaming. Oh well.

Scorpio Oct. 24 - Nov. 22
This is a poor day for making important decisions regarding finances and cash flow, because you are a bit confused. Assume nothing. Postpone important decisions that affect your assets.

Sagittarius Nov. 23 - Dec. 21
You feel sympathetic to others today. However, you also feel a bit helpless about your ability to help someone. It's frustrating.

Capricorn Dec. 22 - Jan. 20
Your concern for those who are less fortunate than you is genuine today. Nevertheless, you are not sure what to do. It happens.

Aquarius Jan. 21 - Feb. 19
Someone in a group situation (or possibly a friend) might sweet-talk you into something you don't really believe. If you think something fishy is going on, it is!

Pisces Feb. 20 - March 20
Confusion with bosses and parents is likely today. Be clear in all your communication so as to avoid misunderstandings. Clarify instructions if someone asks you to do something. Assume nothing.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
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